

Evening Before (or 12+ hrs prior to) Blood Draw:

Take a shower or bath using only simple soap/shampoo. Do not use anything with added fragrance, deodorant, moisturizer, conditioner, or any beauty products. Do this just before you begin your 12 hour fasting period.

During 12 Hours Before Blood Draw:

DO NOT :

Do NOT eat or drink anything except spring ~~RUIWDE~~water.

Do NOT take vitamins or medications (exceptions listed to the right).

Do NOT use any deodorant, body lotions, creams, saline solution, scented hand soap, lip balm, hair products, makeup, or other beauty products.

Do NOT use toothpaste.

Do NOT smoke or expose yourself to 2nd hand smoke.

DO :

Drink plenty of spring or ~~WDE~~water.

Complete the Health Assessment Questionnaire

Medications permitted:

- Birth Control Pills/estrogens
- Insulin or other hormones (such as thyroid)
- Heart medications, EXCEPT quinidine.
- Zovirax (acyclovir)
- Blood pressure medications or water pills
- Anticonvulsants
- Coumadin (blood thinners)
- Advil, Motrin, Tylenol, and other NSAIDS - NOT ASPIRIN

Day of Blood Draw:

DO NOT :

Do NOT Shower or use any beauty products or toiletries.

Do NOT Eat breakfast.

Do NOT Take any medications or supplements.

DO :

Rinse your mouth with spring or ~~WDE~~water.

Drink plenty of spring or ~~WDE~~water.

/ & z K h K E K d & K > > K t d , ^ / E ^ d Z I
E E K d W Z K ^ ^ X

- ô ñ î- î ó (ð) Æ µ Æ Æ Æ ÷ % ð ð ÷ µ Å] v o o
š š l š Z š ð š š Á] š š Z š Ç () µ] o] š Ç X
& } Æ } (š v Z Ç % ð š] } ÷ Å % d l o () • o Æ } Z Å % o I] w P
• Z] % o % o] v P] š Z š Æ } µ ð X š ð] v • µ š Ç v Á š Æ] Å
o] Å } µ Æ a • µ • Æ Ç Å] v Æ Æ } % Æ l o Ç • u % o
š Z Ç (š Ç Æ µ Æ) } Æ Á X

E K d W
/ (Ç } µ Æ Z o š Z Æ % Æ ÷ ÷ % ÷ ÷ Æ Z
š Z I] š v Æ (Æ] P Æ š š Z () Æ o %
Z Å] v P Ç } µ Æ Æ } Æ K d Æ] Z Å v X

Packing and Shipping Instructions for LRA by ELISA/ACT® Tests

Preparing specimen for transport:

Chill cool pack in the refrigerator at least three (3) hours [**NEVER FREEZE**]. Blood in the vacutainers should be kept in the refrigerator before packing and shipping (**DO NOT SPIN**).

NOTE: Do not have blood drawn on Saturday, Sunday, holidays, or the day before a holiday (call for dates if near a holiday).

For shipment:

This kit comes with UPS shipping materials. You should have a UPS Laboratory Pak bag and a preprinted return mailing label attached to the bag.

1. After the blood draw, place the vacutainers into the biohazard bag with the absorbent pad. The paperwork will go into the outer pouch of the biohazard bag.
2. Place the biohazard bag containing the sample into the Styrofoam container along with the refrigerated only cold pack (**DO NOT FREEZE!**). Close the lid and secure the Styrofoam box tightly. (*June—August use 2 cold packs*)
3. Place the Styrofoam box into the cardboard box. These materials are needed to fully protect the specimen and keep it cool in transit.



4. Place the box into the UPS shipping bag. The UPS return shipping label should be affixed to the bag.
5. Call UPS (in the morning if possible) for pick up the same day the sample is drawn. We must receive the sample the next day!



If shipping a sample on Friday:

*If you have **UPS shipping supplies**—call Client Services at 888-852-2723 with the UPS tracking number.*

If you DON'T have UPS shipping supplies—call for special instructions to ensure sample arrives on Saturday.

Shipping Check List

- Requisition Form filled out completely and included with sample (test panel clearly marked). If no panel is marked, the lab will run the Comprehensive 317 panel

If you have any questions, please contact our Client Services Department at 888-852.2723 or email info@evexiadiagnostics.com.