






BOSTON HEART DIAGNOSTICS

INSTRUCTIONS FOR SPECIMEN PREPARATION & HANDLING

PHLEBOTOMIST PREPARATION:

The day before shipping, FREEZE enough ice packs for the size of the shipping box being used. Ice packs must be completely frozen prior to use. NOTE: Freeze ice packs flat to ensure they fit into the shipping box.

ORDER OF DRAW (ONLY ONE PACK OF TUBES PER PATIENT)

	Tube Description	Test Use	Instructions Following Collection
Collect in this order FIRST ↓ LAST Fill tubes to capacity	1&2  Tiger Top Tube Serum separator tube -7.5 mL with clot activator and gel (draw two tubes)	Chemistry Tests (with the exception of Homocysteine, please see Pearl Top Tube for more information)	<ul style="list-style-type: none"> Gently invert 8 times Allow to clot for 30 minutes Centrifuge for 15 minutes at 1100-1300 RCF Refrigerate immediately
	3*†  Red/Yellow Top Tube Serum separator tube, plastic -7.5 mL with clot activator and gel *(if LDL-P is ordered, a black and yellow top tube will also be accepted)	LDL-P	<ul style="list-style-type: none"> Gently invert 8 times Allow to clot for 30 minutes Centrifuge for 15 minutes at 1100-1300 RCF Refrigerate immediately
	4  Green Top Tube Lithium-heparin plasma tube, - 7.5 mL containing separating gel (tube supplied separately)	Troponin T Gen 5	<ul style="list-style-type: none"> Gently invert 8 times Centrifuge IMMEDIATELY for 15 minutes at 1100-1300 RCF Refrigerate immediately
	5  Pearl Top Tube EDTA plasma separator tube -5 mL with EDTA and gel	HDL Particle Fractionation, Homocysteine, Sterols, Parathyroid Hormone, Fibrinogen, MPO and Fatty Acid Balance	<ul style="list-style-type: none"> Gently invert 8 times Centrifuge IMMEDIATELY for 15 minutes at 1100-1300 RCF Refrigerate immediately
	6&7‡  Lavender Top Tube K2 EDTA whole blood tube, -4 mL with EDTA ‡ (draw two tubes only if CBC and genetic tests are ordered)	Genotyping, Hemoglobin A1c and Complete Blood Count (CBC)** **Test may not be available in your state. Contact your Area Sales Manager for additional information.	<ul style="list-style-type: none"> Gently Invert 8 times Refrigerate immediately <p>NOTE: Whole blood is subject to hemolysis when in contact with frozen ice packs. DO NOT let lavender top tubes for CBC come into direct contact with ice packs.</p>

*For NYS clients, if LDL-P is ordered, a black and yellow top tube will need to be used.

PATIENT PREPARATION:

For tests that require **fasting**, the patient must have nothing to eat for a minimum of 8 hours prior to the blood draw, except for water, black coffee or tea (no milk, cream or sugar). Tests requiring patient to be fasting include: Boston Heart Fatty Acid Balance™, Boston Heart Prediabetes Assessment®, CoQ10, Folate, Glucose, HOMA-IR, LDL-P, Triglycerides. Fasting for the Boston Heart Fatty Acid Balance test includes refraining from fish oil. Fasting for CoQ10 includes refraining from CoQ10 supplements. High doses of biotin (>5 mg/day) may interfere with assay results. **Patients should refrain from taking biotin supplementation for 3 days prior to blood draw.** Tests affected are: Troponin T Gen 5, TSH, Free T3, Total T3, Free T4, Total T4, TPO, PTH, FSH, LH, Estradiol, Progesterone, Free Testosterone, Total Testosterone, DHEA-S, SHBG, Cortisol, B12, Folate, Insulin, C-Peptide, PSA, Total and NT-proBNP.

SHIPPING INSTRUCTIONS:

Call FedEx at 800.463.3339 and request an **EXPRESS RETURN PICKUP**. We strongly recommend shipping specimen on the same day as collection. Specimen must be received refrigerated within 48 hours of collection to maintain integrity. Otherwise specimen may be rejected.

For more information, call **877.425.1252** or visit **bostonheartdiagnostics.com**.

877.425.1252 bostonheartdiagnostics.com



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