








BOSTON HEART DIAGNOSTICS

INSTRUCTIONS FOR BLOOD SPECIMEN PREPARATION

PHLEBOTOMIST PREPARATION:

The day before shipping, FREEZE two ice packs for a small kit box, or six ice packs for a large kit box. Ice packs must be completely frozen prior to use. NOTE: Freeze ice packs flat to ensure they fit into the shipping box.

	Tube Description	Test Use	Instructions Following Collection	
Fill tubes to capacity COLLECT FIRST  COLLECT LAST	1&2  Tiger Top Tube Serum separator tube with clot activator and gel	Most chemistry tests (see pearl top for exceptions), Cholesterol Balance [®] , CoQ10, TMAO, all other tests unless noted	<ul style="list-style-type: none"> Gently invert 8 times Allow to clot for 30 minutes Centrifuge: 10 min at 1800-2200 RCF* Refrigerate at 2-8°C immediately after spinning 	
	3  Red/Yellow Top Tube CAT serum separator clot activator with gel	LDL-P & HDL-P by NMR, LipoMap [™]	*RCF to RPM conversion calculator: bostonheartdiagnostics.com/learnbhd/specimen-prep-shipment	
	4  Green Top Tube Lithium Heparin plasma separator tube with gel (tube supplied separately)	Troponin T Gen 5	<ul style="list-style-type: none"> Gently invert 8 times Centrifuge IMMEDIATELY: 10 min at 1800-2200 RCF* Refrigerate at 2-8°C immediately after spinning 	
	5  Pearl Top Tube K2 EDTA plasma preparation tube with gel	HDL Map [®] , Fibrinogen, MPO, Fatty Acid Balance [™]		
	6&7  Lavender Top Tube K2 EDTA whole blood tube (draw two tubes only if CBC <u>and</u> genetic tests are ordered)	Genotyping, HbA1c, Complete Blood Count (CBC)	<ul style="list-style-type: none"> Gently Invert 8 times Refrigerate immediately at 2-8°C NOTE: Whole blood is subject to hemolysis when in contact with frozen ice packs. If CBC is ordered, insert one lavender top into protective sleeve (supplied separately) before placing in biohazard bag.	

LABEL EACH TUBE WITH PATIENT'S FULL NAME AND DATE OF BIRTH. SAMPLES WITH UNCLEAR IDENTIFIERS WILL BE REJECTED.

PATIENT PREPARATION:

Fasting tests: nothing to eat or drink for 8 hours prior to blood draw except for water, black coffee or tea (no dairy or sugar)

- Glucose, HOMA-IR, Beta Cell Function, Boston Heart Prediabetes Assessment[®], Fatty Acid Balance[™], HDL Map[®], Cholesterol Balance[®], Folate, TMAO (refrain from eating **seafood** for 24 hrs), CoQ10, OxLDL, LDL-P & HDL-P by NMR, LipoMap[™]

Supplements:

- Fatty Acid Balance test: fasting includes refraining from **fish oil** for 8 hours prior to blood draw
- High doses of **biotin** (>5 mg/day) may interfere with assay results. If any of the following are ordered, the patient should **refrain from biotin supplementation for 3 days prior to draw:** cortisol, DHEA-S, estradiol, LH, progesterone, SHBG, Anti-TG, TPO, FT4, insulin, c-peptide, B12, folate, IL-6, spike IgG antibody

SHIPPING INSTRUCTIONS:

Seal all tubes inside the biohazard bag and place all paperwork in the outside pocket of the bag (one patient per bag). See packing instructions on Boston Heart Diagnostics shipping box for proper placement of ice packs. Use only the provided shipping box or an equivalent container that meets air transport requirements for shipping Category B biological specimens.

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

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

877.425.1252 bostonheartdiagnostics.com

©2023 Boston Heart Diagnostics Corporation. All rights reserved. The Boston Heart logo is a registered trademark of Boston Heart Diagnostics Corporation in the U.S. and in other countries. Boston Heart Diagnostics Corporation reserves the right to change this document at any time without notice and disclaims liability for editorial, pictorial or typographical errors.

0404_020425

bostonheart
diagnostics[®]