







# 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  <b>COLLECT FIRST</b>    <b>COLLECT LAST</b>	<b>1&amp;2</b>  <b>Tiger Top Tube</b> Serum separator tube with clot activator and gel	Most chemistry tests (see pearl top for exceptions), Cholesterol Balance <sup>®</sup> , CoQ10, all other tests unless noted	<ul style="list-style-type: none"> <li>Gently invert 8 times</li> <li>Allow to clot for 30 minutes</li> <li>Centrifuge: 15 min at 1100-1300 RCF</li> <li>Refrigerate immediately at 2-8°C</li> </ul>
	<b>3</b>  <b>Red/Yellow Top Tube</b> CAT serum separator clot activator with gel	LDL-P & HDL-P by NMR, LipoMap <sup>™</sup> , MetaboMap <sup>™</sup> - Serum NMR	<ul style="list-style-type: none"> <li>Gently invert 8 times</li> <li>Allow to clot for 30 minutes</li> <li>Centrifuge: 15 min at 1100-1300 RCF</li> <li>Refrigerate immediately at 2-8°C</li> </ul>
	<b>4</b>  <b>Green Top Tube</b> Lithium Heparin plasma separator tube with gel (tube supplied separately)	Troponin T Gen 5	<ul style="list-style-type: none"> <li>Gently invert 8 times</li> <li>Centrifuge IMMEDIATELY: 15 min at 1100-1300 RCF</li> <li>Refrigerate immediately at 2-8°C</li> </ul>
	<b>5</b>  <b>Pearl Top Tube</b> K2 EDTA plasma preparation tube with gel	HDL Map <sup>®</sup> , Fibrinogen, MPO, Fatty Acid Balance <sup>™</sup>	<ul style="list-style-type: none"> <li>Gently invert 8 times</li> <li>Centrifuge IMMEDIATELY: 15 min at 1100-1300 RCF</li> <li>Refrigerate immediately at 2-8°C</li> </ul>
	<b>6&amp;7</b>  <b>Lavender Top Tube</b> K2 EDTA whole blood tube (draw two tubes only if CBC and genetic tests are ordered)	Genotyping, HbA1c, Complete Blood Count (CBC)	<ul style="list-style-type: none"> <li>Gently Invert 8 times</li> <li>Refrigerate immediately at 2-8°C</li> </ul> <p><b>NOTE:</b> 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.</p>

**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)

- Fasting required for: Boston Heart Fatty Acid Balance<sup>™</sup>, Boston Heart Prediabetes Assessment<sup>®</sup>, CoQ10, HOMA-IR, LDL-P & HDL-P by NMR, LipoMap<sup>™</sup>, MetaboMap<sup>™</sup> - Serum NMR, OxLDL, TMAO (TMAO: also refrain from **seafood** for 24 hrs)
- Fasting recommended for: Folate, Glucose, Triglycerides, sdLDL (morning draw recommended)

### 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, PTH, 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](http://bostonheartdiagnostics.com)

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