

INSTRUCTIONS FOR BLOOD SPECIMEN PREPARATION

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, 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:** DHEA-S, Folate, SHBG, Testosterone

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 Type & Order of Draw	Test Use	Instructions
1 	Discard Tube (Black Ring) No additive If using butterfly needle and Fibrinogen is ordered, use discard tube to displace air from needle tubing before drawing Light Blue Top Tube	Tube does not need to be submitted for testing. Discard in biohazardous waste container.
2 	Light Blue Top Tube 9NC coagulation tube with 3.2% sodium citrate Fibrinogen	- IMPORTANT: fill to nominal fill line as indicated on tube label: ◀ - Gently invert 4 times - Refrigerate at 2-8°C
3&4 	Red & Yellow Top Tube CAT serum separator clot activator with gel Adiponectin Aldosterone Cholesterol Balance ★ CoQ10 C-peptide Estradiol Fatty Acid Balance™ GSP HCY HDL Map ★ Insulin LDL-P & HDL-P by NMR LipoMap™ LpPLA2 OxLDL OxPL-apoB sdLDL Spike IgG Antibody TIBC TMAO tPSA w/ Reflex to fPSA ★ Also requires Green Top Tube	- Gently invert 8 times - Allow tube to clot for 30 minutes in upright position - Centrifuge: 15 min at 1800-2200 RCF* - Refrigerate at 2-8°C after spinning  *RCF to RPM conversion calculator: bostonheartdiagnostics.com/learnbhd/specimen-prep-shipping
5 	Green Top Tube Lithium Heparin plasma separator tube with gel Any test not otherwise indicated for another tube type	- Gently invert 8 times - Centrifuge IMMEDIATELY: 15 min at 1800-2200 RCF* - Refrigerate at 2-8°C after spinning
6 	White Top Tube (Yellow Ring) K2 EDTA plasma preparation tube with gel Myeloperoxidase (MPO)	- Gently invert 8 times - Centrifuge IMMEDIATELY: 15 min at 1800-2200 RCF* - Refrigerate at 2-8°C after spinning
7&8* 	Lavender Top Tube K2 EDTA whole blood tube Genotyping HbA1c Complete Blood Count (CBC) (*2nd tube needed only if genetics are ordered with CBC and/or HbA1c)	- 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.

SHIPPING INSTRUCTIONS:

- Seal all tubes inside the biohazard bag and place all paperwork in the outside pocket of the bag (one patient per bag).
- Use only the provided shipping box or an equivalent container that meets air transport requirements for shipping Category B biological specimens.

Small kits: 1. Place 1 frozen ice pack on the bottom of the Styrofoam cooler.

2. Place 1- 2 sealed sample bags on top of the ice pack.

3. Place the second ice pack on top of the samples and close the cooler lid.

4. Be sure to expose the adhesive strip underneath the lid of the shipping box to seal the box closed.

Large kits: 1. Place 2 frozen ice packs on the bottom of the Styrofoam cooler.

2. Place 1- 2 sealed sample bags on top of the ice pack.

3. Repeat with remaining ice packs and sample bags (up to 6 patients total per box).

4. Close the cooler lid and seal the cardboard box with tape.

- **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.

IMPORTANT UPDATE AS OF MAY 2025

Venous blood specimens and urine specimens should NOT be shipped to Framingham, MA. Please be sure that the FedEx return label on the shipping box uses the address below. If you have any questions or need an updated shipping label, please contact Customer Care at 877-425-1252.

Ship specimens to:

ATTN: Warehouse

Boston Heart c/o Ascend Clinical

435 Oakmead Pkwy

Sunnyvale, CA 94085

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

877.425.1252 bostonheartdiagnostics.com

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