

SPECIMEN COLLECTION & PROCESSING



Specimen Collection

- All patients should be drawn Monday through Friday ONLY. There should be NO Saturday draws. SpectraCell Laboratories does not receive samples on Sundays, Mondays or federal holidays. All specimens must be shipped overnight on the same day they are drawn.
- Each specimen has temperature requirements which must be met. These are explained with each test description.
- All tubes must be labeled with the patient name and date of the draw.

Processing

- Freeze ice bricks for 24 hours before using.
- Place completed requisition in outside pocket of the biohazard bag.
- Multiple specimens should be mailed in the same FedEx package.

Blue & Black CPT Tube



Micronutrient Testing: No Fasting Required. Whole blood is required.

- Collect two blue black CPT tubes of whole blood.
- Invert tubes 5-6 times. Label with the patient name and date.
- DO NOT REFRIGERATE, FREEZE OR CENTRIFUGE.** Ship in the nutritional test kit provided.

SST Tube (transfer tube also required)



Hormone and Thyroid Tests: No Fasting Required.

- Collect 2 ml of serum. Draw blood in the SST tube and allow to clot for 30 min.
- Centrifuge within one hour of collection for 15 minutes.
- Transfer the serum from the SST into the transfer vial provided.
- Label with the word "SERUM".
- Keep refrigerated until shipped. Ship with the frozen ice brick in the LPP™ kit provided.

LPP™ Tests: Fasting Required 9-12 hours.

- Collect 2 ml of serum. Draw blood in the SST tube and allow to clot for 30 minutes. Centrifuge within one hour of collection for 15 minutes.
- Transfer the serum from the SST into the transfer vial provided.
- Label with the word "SERUM". Keep refrigerated until shipped. Ship with the frozen ice brick in the LPP™ kit provided.

Gray Top Tube



SST Tube (transfer tube also required)



Purple Top (EDTA) Tube



CardioMetabolic and Pre-Diabetes Tests: Fasting Required 9-12 hours.

- Collect one gray top (sodium fluoride) tube of whole blood, one SST, and one purple top (EDTA) tube of whole blood.
- Allow the SST to clot for 30 minutes, centrifuge within one hour of collection for 15 minutes.
- Transfer the serum from the SST into the transfer vial provided. Label with word "SERUM".
- Keep refrigerated until shipped. Ship the transfer vial of serum, the gray top tube of whole blood, and the purple top of whole blood with the frozen ice brick in the LPP kit provided.

Purple Top (EDTA) Tube



All Genetic Tests (Excluding Telomere) Can Be Sent In One Tube: No Fasting Required.

- Whole blood is required. Collect one purple top (EDTA) tube.
- Do not centrifuge or freeze. Ship in the LPP™ kit or the nutritional test kit provided.
- All tests can be collected in the same purple top tube.

Blue Top (Sodium Citrate) Tube



Telomere – No Fasting Required.

- Whole blood is required. Collect one blue top (sodium citrate) tube.
- Do not centrifuge or freeze. Ship in the nutritional test kit or LPP™ kit provided.