

## **INSTRUCTIONS**

(Please read upon receipt)

### **FOLLOW THESE DIRECTIONS CAREFULLY**

- 1) Locate a facility in your area (a local laboratory, clinic or a hospital's phlebotomy department). You **MUST** complete and sign your "Rx-Request for Phlebotomy" form and return it to us with your blood and urine sample(s). The "Rx-Request for Phlebotomy" form should be shown to the phlebotomist so she/he knows what tubes to draw and how to process the blood.
- 2) A 12 hour fast **must** be observed for the Cancer Profile®, Longevity Profile®, and Chemistry/CBC tests.
- 3) **ABSTAIN FROM RIGOROUS EXERCISE, INTERCOURSE, INTRAVENOUS VITAMIN C TREATMENT, HYPERBARIC OXYGEN THERAPY, AND DO NOT TAKE ENZYMES FOR 48 HOURS PRIOR TO HAVING YOUR BLOOD DRAWN.**
- 4) The testing process starts on Wednesday and results are reported on Friday. We need to receive your specimen(s) **by the end of the day Tuesday** for completion of tests during the same week. If your specimen(s) arrives after the deadline, it will be frozen to be run the following week.
- 5) **CA PROFILE® KIT:** Includes (1) small, 2 mL, "red screw-cap" tube for the serum to be poured off into and (1) small, 2 mL "yellow screw-cap" tube for the urine, along with an absorbent tissue. Also enclosed are the following forms: Instructions, HIPAA, Rx- Request for Phlebotomy, Terms & Conditions, and a postage paid return envelope. **TAKE EVERYTHING THAT CAME IN YOUR KIT TO THE DRAWING FACILITY, (except your credit card receipt). The phlebotomist must draw one (1) SST Tube (Serum Separator Tube) which is provided at the drawing facility; allow it to clot for 20 minutes max; centrifuge to separate the serum for 15 minutes; and fill the "red screw-cap" tube with the yellow, clear serum IMMEDIATELY.** Please label the tube with the patient's name, date and time of draw, and the phlebotomist's initials. **SHIP ALL SPECIMENS BY USPS PRIORITY MAIL using the postage paid return envelope provided. PLEASE DO NOT SEND HEMOLYZED OR LIPEMIC SERUM.**
- 6) **LONGEVITY PROFILE® KIT:** Includes (3) SST tubes (Serum Separator Tubes), (2) for the morning draw and (1) for the p.m. draw; (1) lavender top (EDTA) tube (for the morning draw); (1) small, 2 mL "red screw-cap" tube for the serum to be poured off into; (1) small, 2 mL "yellow screw-cap" tube for the urine, and an absorbent tissue. Also enclosed are the following forms: Instructions, HIPAA, Rx-Request for Phlebotomy, Terms & Conditions, your payment receipt and a return envelope. **TAKE EVERYTHING THAT CAME WITH YOUR KIT TO THE DRAWING FACILITY, (except your credit card receipt).** If you have decided to have the **Cortisol PM** test, you must have your blood drawn again in the afternoon of the **same day** as the morning draw. Eat a light meal between draws, refrain from fats and sugars. **All SST Tubes must be allowed to clot for 20 minutes maximum, and then centrifuged for 15 minutes to separate the serum. Fill the "red screw-cap" tube with the clear, yellow serum from the SST Tube drawn in the morning IMMEDIATELY after centrifuging. The afternoon SST Tube can be left AS IS (do not transfer) and may have to be shipped separately if shipping via USPS. SHIP ALL TUBES OVERNIGHT, INCLUDING THE URINE. PLEASE DO NOT SEND HEMOLYZED OR LIPEMIC SERUM.**
- 7) **Urinary HCG test:** Discard a stream of your **first morning urine before** collecting into a clean container (the container does not need to be sterile). Fill the "yellow screw-cap" tube about  $\frac{3}{4}$  of the way, do not fill to the top. Cap securely; write your name, date and time of collection on the tube. Bring with you to the drawing facility to be shipped with the rest of the specimen(s). This test is part of the Cancer Profile and the Longevity Profile.
- 8) Prior to mailing your specimen(s), please fill out and sign all paperwork and enclose it in your package. It is very important for us to receive ALL of the forms back so that we know that it is your blood and your information. Place tubes into the packaging provided and inside the postage-paid, self-addressed mailing envelope, along with all the signed forms. **Shipping is patient responsibility. Any specimen(s) received "Bill Receiver" will not be accepted.** Our laboratory is closed on the weekend. **Please DO NOT ship specimens to arrive on Saturday.**
- 9) If you had a lavender top tube drawn for a CBC or other test, ship it AS IS overnight.
- 10) If you are supplementing with hormones, (e.g. **DHEA**) and/or taking thyroid medicine, please take your regular dosage 3 to 4 hours prior to having your blood drawn.
- 11) Women who are testing for **Estradiol** and/or **Progesterone** should have their blood drawn **15 days after their period begins**, or indicate where you are in your cycle.