

## Instructions

### Patient Preparation

If undergoing chemo or radiation therapy, please wait 2 weeks after stopping treatment for testing.

**48 hours prior to phlebotomy, abstain from:** all therapeutic enzymes, supplements, hyperbaric oxygen therapy, intravenous vitamin C, deep tissue body work, ozone treatment, hydrogen peroxide treatment, rigorous physical activity, and sexual activity.

**12 hours prior to phlebotomy, NO** food, drinks or supplements (some exceptions apply). May drink about 6 oz. of water if needed.

**3.5-4.0 hrs before blood draw, TAKE** any hormone supplements (e.g. DHEA, estrogen, progesterone, testosterone) and thyroid medication.

### Specimen Preparation

**HCG-Urine:** (Collect first morning urine at home). After a brief first stream, collect urine into a clean cup. Fill the yellow screw-cap bullet tube provided; ship with the rest of the samples.

**CA Profile™© and Tumor Markers Panel:** Draw blood into (1) serum separator red top tube (SST), allow to clot for 15 - 20 minutes, centrifuge for 15 minutes. **Transfer the clear, yellow serum into the provided red screw-cap bullet tube IMMEDIATELY to prevent hemolysis.** Ship with urine sample.

**Longevity Profile®©:** Follow the same procedure as the CA Profile, except draw also (1) lavender tube and (1) extra serum separator red top tube. The latter can be shipped **as is** after centrifugation. **If P.M. Cortisol** is also desired, please draw a serum separator red top tube again between 3 and 4 p.m. of the same day as the morning draw, allow to clot and centrifuge. The Cancer Profile is part of the Longevity Profile.

**PHI and HCG tests:** Draw blood into (1) serum separator red top tube (SST), allow to clot for 15 - 20 minutes, centrifuge for 15 minutes. **Transfer the clear, yellow serum into the provided red screw-cap bullet tube IMMEDIATELY to prevent hemolysis.**

Please label all tubes with the patient's name, date of birth, date and time of draw, and phlebotomist's initials.

**Note:** If preservative tubes are not available, you may transfer the serum and urine into separate transfer tubes and ship overnight.

### Shipping

**Cancer Profile™©, Tumor Markers Panel, HCG (serum & urine) and PHI test:** PRIORITY mail (2 to 3 days).

**Longevity Profile®©, CBC:** Overnight shipping required.

**Our facility is closed on Saturday and Sunday. If shipping overnight, please do not ship on Friday.**

All tests are run Wednesday & Thursday. Samples must be received by the end of the day on Tuesday to be run that week. If the shipment misses the cut-off time, specimen/s will be frozen and run the following Wednesday. Results go out every Friday by U.S.P.S regular/first class mail, email or fax.

### Shipping is patient responsibility

**PLEASE DO NOT SEND LIPEMIC OR HEMOLYZED SERUM**