

Specimen Collection & Shipping 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, 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