



BLOOD SPECIMEN

Methylation Profiles

VIC /NSW /QLD /WA/NT/TAS

Collection Instructions

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

Before proceeding, please read and follow all instructions carefully.

IMPORTANT NOTES

- You are required to **FAST 12 hours prior**.
- **AVOID taking supplements, especially B vitamins, SAMe, TMG, Folate/Folinic acid/5MTHF, Magnesium, Zinc for 24-48 hours prior to test.** Check with your practitioner regarding other supplements or medications you may be taking.
- **Blood collections for this test should be performed on a Monday, Tuesday or Wednesday ONLY.**

KIT CONTENTS

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 1300 688 522.

1 x 7ml Lithium Heparin Vacutainer (green cap)
1x 10ml SST Vacutainer (yellow cap)
2 x 4ml EDTA Vacutainer (purple cap)
3 x 5ml Screw Cap Containers (*POUR OFF TUBES*)
1x Homocysteine Tube
1 x Specimen Transport bag & 1 x NutriPATH Request form
1 x Pathology Collection **DRY ICE** form



METHYLATION PROFILES



SPECIMEN COLLECTION

1. NutriPATH has blood collection and dry ice arrangements in place with the following laboratories in each state:

NSW	Douglass Hanly Moir Pathology
VIC	Melbourne Pathology
QLD	QML Pathology
WA	Clinipath Pathology
TAS	Hobart Pathology
NT	Western Diagnostics Pathology

PRACTITIONER INFORMATION:

2. Give the patient a NutriPATH Integrative Pathology request form and have them call NutriPATH Integrative Medicine on 1300 688 522 to order a **METHYLATION TEST KIT** if they have not already been given one.

You must write on the request slip:

'Please on-refer all samples on dry ice to NutriPATH, Melbourne'.

PATIENT INFORMATION STEP 3-5:

3. Ensure that the NutriPATH request form is completely filled out. This includes credit card details, patient information, practitioner details and the test analysis/required.
4. Email NutriPATH the night before of the collection at info@nutripath.com.au stating the collection centre that you will be attending with your name, surname, telephone number and test request.
5. Attend the pathology collection centre as early as possible in the morning (with your blood collection kit) to have the blood specimens collected.

PATHOLOGY COLLECTOR INSTRUCTIONS STEPS 6-12:

6. The pathology collector must collect the following:
4 FULL VIALS -1 x SST tube, 1 x Lithium Heparin tube & 2 x 4ml EDTA tube. All tubes **must be centrifuged before proceeding.**
7. After centrifugation, the clear plasma from the **SST tube** needs to be carefully poured off into the 5ml aliquot tube labelled '**SST**' which is attached with an elastic band.
8. After centrifugation, the clear plasma from the **1st EDTA tube** needs to be carefully poured off into the white homocysteine tube labelled '**Homocysteine tube**' which is attached with an elastic band.
9. After centrifugation, the clear plasma from the **2nd EDTA tube** needs to be carefully poured off into the 5ml aliquot tube labelled '**EDTA plasma**' which is attached with an elastic band.
10. After centrifugation, the clear plasma from the **Lithium Heparin tube** needs to be carefully poured off into the 5ml aliquot tube labelled '**Lithium Heparin**' which is attached with an elastic band.
11. Place all specimens in the re-sealable section of the specimen bag and wrap tightly with all paper work included in the pocket of the Biohazard specimen bag.
12. Place all specimens with paperwork in the freezer until dry ice arrives.

PLEASE ONFORWARD THIS TEST TO NutriPATH PATHOLOGY ON DRY ICE

Results will be forwarded to your referring practitioner between 7 to 14 working days, depending on the analyses requested.