

PATIENT INSTRUCTIONS

9. Ensure that your NutriPATH request form has been completed.
Place the request form in the non-sealable section of the specimen transport bag.
10. **Wrap the blood samples in the cotton wool provided and place it in the inner plastic transport cylinder for transport protection.**
DO NOT put cold packs or ice packs near blood samples. This will destroy the blood cells and render samples useless for testing. The specimens should be transported at room temperature.
11. Place the plastic inner cylinder into the cardboard cylinder and then into the TNT satchel.
12. Sign and date the TNT consignment note. **DO NOT** alter any of the other consignment note details. Call TNT on 13 11 50 and listen to the service options.
13. Press 1 for “Domestic Express services”
14. “To book a collection” Press 1.
15. After the automated operator stops speaking say “**HELP**” to be through connected to a customer service member.
16. The customer service member will ask for the service type which is “**Overnight express**”.
17. Account number to be charged is **30004851**- NutriPATH Pathology
18. Provide the operator with your pick up details e.g. Address etc.
19. The description of goods is “medical kit” NON Dangerous.

Thank you for your request, Results will be forwarded to your referring practitioner between 3 to 5 working days, depending on the analyses requested

ALCAT

Food/Chemical Sensitivity 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.

IMPORTANT PRE-COLLECTION INFORMATION

Please note that this test relies on using live blood cells for performing the analysis. Ensuring that these collection instructions are followed accurately will ensure that you receive accurate and meaningful results.

Prior to having the sample collected you need to avoid the following:

MEDICATION	WITHHOLDING PERIOD
Antihistamines	3-5 days prior to sample collection.
Oral Steroids	4 weeks (<i>consult with your healthcare practitioner beforehand</i>)
Steroidal nasal sprays	48 hours prior to sample collection.
Vitamin C (High Dose)	Reduce to 500mg/day-3 days prior to sample collection.
Antibiotics	Wait for acute symptoms to abate.

OTHER GENERAL TEST PREPARATIONS:

- If you have the flu or a viral infection such as (EBV, CMV, etc.), please wait until you have fully recovered prior to having the blood collection.
- **DO NOT** collect the blood sample on the day prior to a public holiday.
- Ensure you are well hydrated with water for this blood test.

KIT CONTENTS

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

1 x NutriPATH request form 1 x Cardboard transport cylinder
1 x Collection instructions 1 x TNT freight satchel
1 x Pathology collection form 1 x TNT consignment note
1, 3 or 4 Citrate Vacutainers (light blue cap), 4.5ml draw

BLOOD SPECIMEN COLLECTION STEPS 1-2

1. Collect this specimen as **early in the day as possible** on a **Monday or Tuesday or Wednesday ONLY**. (**DO NOT** collect blood on the day prior to a public holiday).
2. NutriPATH has blood collection arrangements in place with the following laboratories in each state:

ACT	Capital Pathology
NSW	Douglass Hanly Moir Pathology
NT	Western Diagnostics Pathology
QLD	QML Pathology
SA	Clinpath Pathology
TAS	Hobart or Launceston Pathology
VIC	Melbourne Pathology
WA	Clinipath Pathology

A list of local collection centres can be located via the NutriPATH webpage. For a complete list of blood collection sites, visit www.nutripath.com.au

- Click on 'I am a Patient'
- Click on 'Collection Centres Australia Wide'
- Select your State
- Click on 'See State Area Locations'

PATIENT INSTRUCTIONS

3. The patient should contact the selected pathology collection centre and make an appointment to have their blood collected on a **Monday or Tuesday or Wednesday ONLY**, as early as possible in the morning.
4. Attend the pathology collection centre at the appointment time and have the pathology collector read through these collection instructions before collecting the blood specimens.

PLEASE NOTE: Patients in rural/remote areas of Australia should have their samples collected at a major regional town to ensure that TNT is able to collect and deliver to NutriPATH overnight. This may involve travelling to your nearest major regional town on the day of collection.

PATHOLOGY COLLECTOR INSTRUCTIONS

5. The pathology collector should collect the required specimens provided in the NutriPATH kit.
The blood MUST be collected using the glass citrate tubes provided inside this collection kit. The test requires 1, 3 or 4 tubes of a 4.5ml draw, not a 2.7ml draw.
6. All samples should be labelled with patient first name/surname, date of birth and time & date of collection.
7. The samples should gently be inverted 5-7 times once collected to ensure the blood has been thoroughly mixed with the additive inside the tubes.
8. The pathology collector should place the samples into the sealable section of the specimen transport bag and hand the specimens over to the patient.

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