

*Thank you for your request, Results will be forwarded to your referring practitioner  
between 7-10 working days, depending on the analyses requested*

**Phone: 1300 688 522**

# BLOOD SPECIMEN CARDIOVASCULAR PROFILE

**SST, EDTA, Na Cit., Fl. Ox. & Homocysteine**

## 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.**

- Please collect this sample on either a Monday, Tuesday OR Wednesday.
- It is recommended that you fast for a minimum of 8-10 hours prior to collection.
- Ensure that you are well hydrated with WATER ONLY prior to collection.
- Check that the patient information on the request form is correct.
- Your ORIGINAL NutriPATH request form that was provided by your healthcare practitioners must be returned with your specimen/s for analyses.

### 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 10ml SST (Gel) Vacutainer (gold top)
- 1 x 5ml EDTA Vacutainer (mauve top)
- 1 x 5ml Homocysteine Vacutainer (white top)
- 1 x 5ml Sodium Citrate Vacutainer (light blue top)
- 1 x 5ml Fluoride Oxalate Vacutainer (grey top)
- 1 x Cardboard transport cylinder
- 1 x Specimen transport bag
- 1 x Patient checklist form

**PO Box 442, Ashburton, VIC, 3147**

### SPECIMEN COLLECTION

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

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

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](http://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'

The pathology collection centre **SHOULD NOT** charge you for a blood collection fee as NutriPATH hold a corporate collection account.

***In the event that the pathology collector is unsure of the collection procedure, please contact NutriPATH on 1300 688 522.***

***Please note: a \$33.00 blood collection fee will be charged by NutriPATH.***

### PRACTITIONER INFORMATION STEPS 1-2:

1. Give the patient a completed NutriPATH request form and a Cardiovascular collection kit

**You must write on the request slip:**

***'Please on-refer all samples for all testing to NutriPATH, Melbourne'.***

2. The client will go to the nearest pathology collection centre or pathology laboratory (as above) to have their blood sample collected.

### PATHOLOGY COLLECTOR INSTRUCTIONS STEPS 3-7:

3. Confirm the patient has fasted for this test by noting it down on the request form.
4. The pathology collector **must collect 4 FULL VIALS** of blood with the vacutainers that have been provided in the NutriPATH collection kit. The following blood tubes will need to be collected: 1x **SST**, 1x **EDTA**, 1x **Sodium Citrate** and 1x **FL.OX**.
5. The SST tube and EDTA tube will need to be centrifuged. After centrifugation, The **SST** is ok as is. The **EDTA** plasma must then be carefully poured into the Homocysteine collection tube (white cap).
6. The pathology collector must hand all labelled specimens over to the patient after they have been collected.
7. Place the five (5) Vacutainer tubes into the re-sealable section of the specimen transport bag and then place into the inner plastic transport cylinder.

### PATIENT INFORMATION STEPS 8-11:

8. Ensure that all sections on the NutriPATH request form are completely filled out. This includes (patient name, date of birth, residential address, credit card details and test analysis/required).
9. Complete the NutriPATH 'Patient checklist form' prior to sending the samples back to the laboratory to ensure no delays in test results.
10. Place your original NutriPATH completed request form issued by your healthcare practitioner into the **cardboard transport cylinder** neatly which should be surrounding the blood specimen tube in the plastic container.
11. Seal the container and transport the samples to your nearest Australia Post outlet or yellow express post bin.

**DO NOT REMOVE ANY BARCODES FROM THE TRANSPORTATION CYLINDER, IF YOU WISH TO TRACK YOUR SAMPLE PLEASE NOTE IT DOWN.**