

After centrifugation, the clear plasma from the **Lithium Heparin tube** needs to be transferred using the 3ml pipette into the 5ml aliquot tube labelled '**Lithium Heparin**' which is attached with an elastic band.

*(Avoid transferring red blood cells)*

Place all specimens in the re-sealable section of the specimen bag.

Place the original NutriPATH request form and a copy of the corporate blood collection form in the non-sealable section of the transport bag.

Place collection kit in the freezer until dry ice arrives.

Collection centre is to forward this package to main lab (send-aways) as per corporate collection form.

**PLEASE ONFORWARD THIS TEST TO NutriPATH PATHOLOGY ON DRY ICE**

*Thank you for your request, results will be forwarded to your referring practitioner between 7 to 14 working days, depending on the analyses requested.*

# BLOOD SPECIMEN

## Methylation Profiles

VIC /NSW /QLD /W/ATAS

## 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 10-12 hours prior**.
- **AVOID** taking supplements, especially **B vitamins, SAME, TMG, Folate/Folinic acid/5MTHF, Magnesium, Zinc** for **24-48 hours prior to sample collection**. 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 (*Aliquot Tubes*)
- 1x Homocysteine Tube
- 1 x Specimen Transport bag & 1 x NutriPATH Request form
- 1 x Pathology Collection **DRY ICE** form

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

**SPECIMEN COLLECTION**

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

ACT	Capital Pathology
NSW	Douglass Hanly Moir Pathology
QLD	QML Pathology
SA	Clinpath 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 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:**

Give the patient a completed 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 INSTRUCTIONS:**

Ensure that your original NutriPATH request form issued by your healthcare practitioner is completely filled out. This includes verification of correct patient information, practitioner details, test analysis/required and payment details.

For tracking purposes of your sample, email NutriPATH the night before at [customersupport@nutripath.com.au](mailto:customersupport@nutripath.com.au) stating the following information:

- Patient name
- Practitioner name
- Patient telephone number
- Test Required/Requested
- Collection centre that you will be attending

Attend the pathology collection centre fasting 10-12 hours as early as possible in the morning (with your blood collection kit) to have the blood specimens taken.

**PATHOLOGY COLLECTOR INSTRUCTIONS:**

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.**

After centrifugation, the clear serum from the **SST tube** needs to be transferred using the 3ml pipette into the 5ml aliquot tube labelled '**SST Serum**' which is attached with an elastic band.

After centrifugation, the clear plasma from the 1<sup>st</sup> **EDTA tube** needs to be transferred using the 3ml pipette into the 5ml aliquot tube labelled '**Homocysteine tube**' which is attached with an elastic band.  
***(Avoid transferring red blood cells)***

After centrifugation, the clear plasma from the 2<sup>nd</sup> **EDTA tube** needs to be transferred using the 3ml pipette into the 5ml aliquot tube labelled '**EDTA plasma**' which is attached with an elastic band.  
***(Avoid transferring red blood cells)***

*Continue over.....*