

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

After centrifugation, the clear plasma from the **Na Heparin tube** needs to be carefully transferred with the 3ml pipette into the 5ml aliquot tube labelled '**Na Heparin tube**' which is attached with an elastic band. **(Avoid transferring red cells)**

The **Lithium Heparin tube** will need to remain as is and frozen as a whole blood specimen.

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

Place the original 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**

## **PFEIFFER PROTOCOL**

### **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 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)
- 1x 6ml Na Heparin (Dark blue cap)
- 3 x 5ml Screw Cap Containers (*ALIUOT TUBES*)
- 1x Homocysteine Tube
- 1 x Specimen Transport bag
- 1 x NutriPATH Request form

## 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 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
- Search for your location via postcode or suburb

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

## 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 **PFEIFFER 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 at least 10 hours as early as possible in the morning (with your blood collection kit) to have the blood specimens taken.

## PATHOLOGY COLLECTOR INSTRUCTIONS:

Ensure the patient has fasted for at least 10 hours prior to specimen collection:

The pathology collector must **collect the following:**

**5 FULL VIALS** -1 x SST tube, 2 x 4ml EDTA tube & 1x Na Heparin, 1 x Lithium Heparin tube. **ALL tubes except the Lithium Heparin must be centrifuged before proceeding.**

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

After centrifugation, the clear plasma from the 1<sup>st</sup> EDTA tube needs to be carefully transferred with the 3ml pipette into the white homocysteine tube labelled 'Homocysteine tube' which is attached with an elastic band.

***(Avoid transferring red cells)***