



US FedEx Shipping Instructions:

1) Place the cardboard kit box containing the specimen and the completed test requisition form into the FedEx Clinical Pak.

2) Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records. Affix the Billable Stamp to the Clinical Pak in the space provided.

3) Call FedEx toll free at **1-800-238-5355** to schedule your pickup. When you hear the automated greeting say "REP". You will then be asked if you are calling to ship a package; reply "YES" to be connected directly to a live FedEx representative. Tell the representative that you need a pickup for a shipment using a prepaid "BILLABLE STAMP" and give your address.

Do not use a drop box. FedEx will not accept specimens placed into a drop box.

Doctor's Data provides prepaid shipping materials for use in shipping specimens from Canada, Ireland, United Kingdom, and the United States. If you are located outside of these countries or choose to use a different courier or level of service than provided, you must make your own shipping arrangements at your own expense.



US & CANADA: 1.800.323.2784 - UK: 0871.218.0052
ELSEWHERE: 1.630.377.8139 - FAX: 1.630.587.7860
3755 Illinois Avenue, St. Charles, IL USA 60174-2420
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Serum Collection Instructions for Celiac & Gluten Sensitivity, Thyroid, Vitamin D, and Zonulin Profiles

Before You Start:

Please read all of the directions, and familiarize yourself with the collection procedures.

Fasting is not required for these tests. It is generally recommended to refrain from taking non-essential medications and dietary supplements for 72 hours prior to the specimen collection unless otherwise instructed by your physician. *Never discontinue prescription medications without first consulting your physician*

Celiac/Gluten testing should not be performed on patients currently on a gluten-free diet, unless used to monitor long-term compliance, or as otherwise directed by your physician.

Verify Kit Contents:

- 1 Red-top blood collection tube for serum
- 1 8mL serum transfer vial with cap
- 1 Plastic transfer pipette
- 1 Zip-lock bag with absorbent material
- 1 Polar Pack gel pack
- 1 Test requisition form
- 1 FedEx Clinical Pak with Prepaid Billable Stamp

- ◆ If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.
- ◆ Save the cardboard collection kit box to ship your samples back to the laboratory.

Collection Instructions:

- 1) Write the patient's name, date of birth, and the collection date on the blood tube label and serum transfer vial.
- 2) Draw blood into the supplied red-top tube.
- 3) Place the tube upright and allow the blood to clot for at least 15 minutes.
- 4) Within 2 hours of collection, centrifuge the red-top tube for 15 minutes.
- 5) After centrifuging, use the transfer pipette to transfer the serum (top layer) to the 8mL transfer vial (a minimum of 2mL is recommended for analysis).
- 6) Discard the red-top blood tube and transfer pipette.
- 7) Place the transfer vial and the Polar Pak into the zip-lock bag with absorbent material and seal. Place the zip-lock bag into a freezer for at least 6 hours.
- 8) After a minimum of 6 hours, retrieve the zip-lock bag containing the serum and the Polar Pak. Place the zip-lock bag into the cardboard shipping box.
- 9) Fill out the test requisition form completely and sign it. ***The test cannot be performed without a properly filled out requisition.*** Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment.

For best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimen on the same day you finish the collection, such as over a weekend or holiday, keep the specimen with the gel pack in a freezer until you are ready to ship.

Consult your physician if you have any questions during the test collection process.