















STEP 1:

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| PREP |  | <ol style="list-style-type: none"> Lay out all the contents of your kit. Label the collection tubes with the patient's name, date of birth, and date/time of collection. Ensure all patient information on the requisition form and the collection tube are filled out and match exactly. IMPORTANT: Unlabeled specimen tubes will not be processed. |
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STEP 2:


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| COLLECT (SERUM) |  | <ol style="list-style-type: none"> Confirm the patient has fasted for a minimum of 10 hours and all information provided on the collection tubes is correct and matches the requisition form. Perform a blood draw filling each of the blood collection tubes completely. <ul style="list-style-type: none"> NutriStat Basic Collection: 1 Red Top SST Gel Tube, 1 EDTA Purple Top Tube, 2 K2EDTA Navy Top Tubes |
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| COLLECTION TUBES (SERUM) | PROCESS | TRANSFER |
|-------------------------------|---|---|
| 2 SST Red Tiger Top Gel Tubes |  Centrifuge Both Tubes |  No Transfer needed |
| 2 K2EDTA Navy Blue Top Tubes |  Return 1 tube as is (whole Blood) Do Not Centrifuge |  No Transfer needed |
| |  Centrifuge 1 Tube Remove + save the rubber cap |  <ul style="list-style-type: none"> Using a clean pipet, transfer plasma into a transfer tube and seal with the RED cap. Recap the original K2EDTA rubber navy top tube. Fill out one of the transfer labels and place it onto the RED Top Transfer tube. Return all 3 tubes. |
| 1 EDTA Purple Top Tube |  Centrifuge the tube Remove + save the rubber cap |  <ul style="list-style-type: none"> Using a clean pipet, transfer the plasma into a transfer tube and seal using the YELLOW cap. Recap the original EDTA purple top tube Fill out one of the transfer labels and place it onto the YELLOW Top Transfer tube. Return both the EDTA Purple Top Collection and YELLOW Top Transport tube |
| 1 Citrate Blue Top Tube |  Centrifuge the tube |  <ul style="list-style-type: none"> Using a clean pipet, transfer the plasma into a transfer tube and seal using the BLUE cap. Fill out one of the transfer labels and place it onto the BLUE Top Transfer tube. Discard the original Citrate Blue Top Collection Tube & return the BLUE Top Transfer Tube. |
| 1 PPT EDTA Clear Top Tube |  Centrifuge the tube |  No Transfer needed |


When centrifuging samples use a relative centrifugal force of 1000 – 1300 g

Swing buckets = 10 minutes | **Fixed Angle** = 15 minutes


STEP 3:

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| COLLECT (URINE) |  | <ol style="list-style-type: none"> Expand the collection cup. Perform a mid-stream catch (sample collected from the ongoing urine stream). Fill the collection cup 50%-75% full. |
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STEP 4:

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| TRANSFER URINE |  | <ol style="list-style-type: none"> Remove the cap from the Clear Top Transfer Tube(s). Use the pipet provided to transfer urine from the cup into the transfer tube(s) until the tube(s) is filled with at least 8ml. <ul style="list-style-type: none"> Squeeze the top bulb of the pipet to remove all the air. Place the pipet into the collected urine within the cup and release the pressure on the top of the pipet. This will pull urine into the pipet. Move the pipet full of urine into the transfer tube and squeeze the top to release the urine into the tube. Repeat step 2 as needed until you fill the collection tube to at least 8 ml. Place the cap back onto the transfer tube(s) and twist to tightly seal the sample. |
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








STEP 5:

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| RETURN |  | <ol style="list-style-type: none"> Place the labeled tubes and the fill out requisition form into the biohazard bag and seal. <ul style="list-style-type: none"> NutriStat Basic Return 6 Tubes: 1 Urine Tube, 1 Red Top SST Gel Tube, 1 EDTA Purple Top Tube, 1 Yellow Top Transfer Tube, 1 K2EDTA Navy Top Tube, 1 Red Top Transfer Tube. NutriStat Complete Return 10 Tubes: 2 Urine Tubes, 2 SST Red Tiger Top Gel Tubes, 1 K2EDTA Navy Top Tube, 1 EDTA Purple Top Tube, 1 Red Top Transfer Tube, 1 Yellow Top Transfer Tube, 1 Blue Top Transfer Tube and 1 PPT EDTA Clear Top Tube. Enclose the biohazard bag within the crush-proof box and place it into the return shipping envelope. Ship the specimen to the lab at ambient temperature. <ul style="list-style-type: none"> Try to ship samples on the same day as the collection, if unable to refrigerate samples (DO NOT FREEZE) and ship the following day. |
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NutriStat

Collection Instructions

| RETURN TUBES | Tubes To Return For NutriStat Basic: | Tubes To Return For NutriStat Complete: | | | | |
|---|--|---|---|--|---|---|
| |  1 Urine Tube |  1 Red Tiger Top SST Gel Tube |  1 K2EDTA Navy Top Tube |  2 Urine Tubes |  2 Red TigerTop SST Gel Tubes |  1 K2EDTA Navy Top Tube |
|  1 Yellow Top Transfer Tube |  1 Red Top Transfer Tube |  1 EDTA Purple Top Tube |  1 Yellow Top Transfer Tube |  1 Red Top Transfer Tube |  1 Blue Top Transfer Tube |  1 EDTA Purple Top Tube |

GETTING STARTED

Accurate test results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.

To Avoid Specimen Rejections:

- Urine samples should be collected as a first-morning void, with no urination for a minimum of 6 hours prior to specimen collection.
- Blood samples must be collected while fasting for a minimum of 10 hours prior to collection.
- Ensure all labelled return tubes are labeled with patient information.

General Guidelines

- Specimens must be collected using the tubes provided inside this collection kit.
- Fast for a minimum of 10 hours prior to specimen collection.
- 4 Days prior to collecting specimens, discontinue all supplements including protein powders.
- 24 hours prior to collecting specimens, avoid eating or drinking products that contain aspartame, MSG, or general overconsumption of any particular food.
- Limit fluid intake to avoid a diluted sample.
- DO NOT proceed with sample collection if you are menstruating.

Medical Precautions

- Do not perform this test if you are taking blood thinners or have blood clotting disorders (unless authorized by your healthcare provider).
- Immunosuppressive drugs (e.g., prednisone), immune-modulating drugs, and topical cortisone suspensions and creams may alter test results.
- Consult with your healthcare provider prior to making any changes to your current medication regimen.
- We recommend maintaining usual dietary habits prior to specimen collection and to consult with your healthcare practitioner before making any changes to your diet.