







SPECIMEN COLLECTION & HANDLING



For blood draw centers, please check our website at <https://www.vibrant-america.com/blood-draw-center/>.

Blood collection tubes on this sheet listed from top to bottom are in correct order of draw. Always collect all tubes in correct order of draw and process per instructions.

COLLECTION TUBES	TESTS	INSTRUCTIONS
 <p>SCT-BD Vacutainer™, Buff. Na Citrate 2.7 mL tube (light blue top)</p>	<p>VA Tests: Fibrinogen</p> <p>VW Tests: None</p>	<ul style="list-style-type: none"> • Fasting: Not required • Processing: Completely fill the tube with blood and gently invert the sample at least six times to mix adequately. • DO NOT CENTRIFUGE. *MUST BE RECEIVED WITHIN 24 HOURS OF COLLECTION
 <p>SST-GBO 7.0mL SST (Red Cap-Yellow Ring) OR SST Tube w/ Red/Gray (Tiger Tops) Conventional Rubber Stopper, 8.5 ML</p>	<p>VA Tests: All, except those listed with other tubes below.</p> <p>VW Tests: All Zoomer tests (except Gut Zoomer), Food Sensitivity, Complete Food Profile, IBSSure, Total Immunoglobulins, Tickborne, Neural Zoomer Plus, Fungal Antibodies, Egg Component, Peanut Component, Dairy Component, Micronutrient</p>	<ul style="list-style-type: none"> • Fasting: Recommend 10–12 hours (for VA tests only) • Processing: Gently invert tube 8-10 times to mix adequately. Allow to clot standing upright in tube rack for 30 minutes. Place tube in centrifuge. • Centrifuge: for 10 minutes at 3400 RPM's or 15 minutes at 3300 RPM's. *must be spun within 2 hours of draw
 <p>MN-BD Vacutainer™ Trace Element Silicone Coated SERUM 6mL Tube (Royal Blue Top) OR SST-GBO 7.0mL SST (Red Cap-Yellow Ring) OR SST Tube w/Red/Gray (Tiger Tops) Conventional Rubber Stopper, 8.5 ML & TES-Sarstedt™ Metal Free 6mL Transfer Tube</p>	<p>VA Tests: Micronutrient</p> <p>VW Tests: NutriPro</p>	<ul style="list-style-type: none"> • Collect (2) Royal blue serum tubes OR (2) Red Cap-Yellow Ring SST tubes OR (2) Red / Gray Tiger top tubes. • Processing: Gently invert collection tubes 8-10 times RIGHT AFTER DRAW to mix adequately. Let tubes sit upright at room temperature for 30 minutes (do not exceed 60 min) to fully clot then centrifuge at 3300 RPM for 15 minutes. • Immediately after centrifuging transfer serum from BOTH collection tubes (Royal Blue tops OR SST's) into ONE metal free transfer tube (has light blue label) with an unused PIPETTE. Minimum 3-4mL of serum is required. • Label the metal free transfer tube "TES" along with standard patient identifiers (name, DOB, date, time). • DO NOT transfer RED BLOOD CELLS from bottom of tube. • DO NOT use a standard transfer tube as it is not metal free. • Recap the collections tubes (Royal blue tops or SST's), secure the lids to tubes with tape and send to lab with the transfer tubes.
 <p>Plasma-BD 3.0 mL Plasma Separator (Light Green) & Transfer Tube (Clear) OR Plasma-Lithium Heparin / Separator Gel Additive 16 X 100 mm 8 mL Green Tube & Transfer Tube (Clear)</p>	<p>VA Tests: Myeloperoxidase (MPO)</p> <p>VW Tests: None</p>	<ul style="list-style-type: none"> • Fasting: Not required • Processing: Gently invert plasma separator tube 8-10 times to mix adequately. Centrifuge tube. Pour off plasma into transfer tube. NOTE: Transfer tube must be labeled as "plasma," along with TWO patient identifiers. • Centrifuge: 3300 RPM for 15 mins *must be spun within 2 hours of draw
 <p>EDTA-BD Vacutainer™ K2EDTA 4mL Tube (Lavender) OR Gereiner K-2 EDTA purple top tube</p>	<p>VA Tests: Celiac Genetics, HbA1c, CBC w/ diff. and platelets, Reticulocytes, Immature Platelet Fraction, Vibrant Genetics, Micronutrient*, Omega Fatty Acids**</p> <p>VW Tests: Celiac Genetics, CardiaX, ApoE, Tickborne, Whole Blood Nutrient Profile</p>	<ul style="list-style-type: none"> • Fasting: Not required • Processing: Gently invert 8-10 times to mix adequately. • DO NOT CENTRIFUGE • Place all K2EDTAs into provided bubble bag and seal. • Place all K2EDTAs into 3 levels of insulation with the provided bubble bags and seal. Tubes need to be insulated with 3 levels of bubble wrap to provide temperature stability during transport. *MICRONUTRIENT REQUIRES THREE LAVENDER TUBES. **OMEGA FATTY ACIDS REQUIRES ITS OWN LAVENDER TUBE.
 <p>Urine- VWR® Metal-Free Centrifuge Tube 15 mL</p>	<p>VA Tests: Microalbumin, urine</p> <p>VW Tests: See individual tests collection instructions</p>	<ul style="list-style-type: none"> • Fasting: Not required • Processing: Collect urine sample in a urine cup and transfer to urine tube, by hand or with transfer straw. Samples left in urine cup will NOT be accepted.

SHIPPING

- Draw samples Monday through Friday. We are open to receive samples on Saturday.
- We do not recommend drawing and shipping samples on Saturday, as we are closed on Sunday.
- Pre-freeze your ice packs at least 24 hours before use.
- To schedule a pick up, please contact FedEx at 800-463-3339.

REJECTION CRITERIA

- Unlabeled or mislabeled tubes (must have 2 patient identifiers, e.g. full name and DOB, and match with Complete Order Summary, no nicknames or abbreviations).
- Delayed specimen shipping (must ship samples daily).
- Sample arrival at room temperature. Hemolytic, icteric, or overly lipemic samples (test-specific).
- Improperly processed tubes.

Need more supplies or have any questions? Please call Vibrant America Physician Services
P: 866-364-0963 | F: 650-508-8262 | Email: support@vibrant-america.com

SPECIMEN ORDERING & SHIPPING

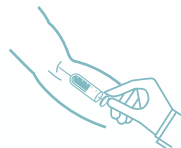
Please follow the instructions below to ensure proper sample processing.
Any errors may result in sample rejection or delayed results.

1



Order is **REQUIRED** to be submitted through Provider Portal at www.vibrant-america.com. (Separate instructions apply when ordering online.)

2



Be sure to follow the draw order. Refer to opposite side (Specimen Collection & Handling) for specific drawing instructions

3



Must match exactly with what is on Complete Order Summary form. ***Any missing or discrepant identifiers will result in sample rejection***

4



Place processed tube(s) in the provided biohazard bag. Do not separate tubes into separate bags. Seal completely and ensure samples are secure. Place Complete Order Summary form in the back pocket of biohazard bag.

5

Place FROZEN ice pack(s) on the **BOTTOM** of the styrofoam cooler in your shipping box.

- 1 ice pack for small boxes
- 2 ice packs for medium boxes



6

Place sealed biohazard bag(s) on top of the ice pack(s)

- Max 1 bag in small box
- Max 5 bags in medium box



7

Place FROZEN ice pack(s) on **TOP** of sealed biohazard bags.

- 1 ice pack for small boxes (2 total in box)
- 2 ice packs for medium boxes (minimum 4 total in box)

Additional ice packs recommended for hotter regions

8



Place styrofoam lid on cooler, fill out packing slip and seal up the shipping box. Ensure return label is adhered to box.

9



Please call FedEx to schedule a pickup at 800-463-3339 and say **'schedule a pickup'** when prompted. You will need the tracking number located on the shipping box.

**SHIP SAMPLES THE SAME DAY THEY ARE COLLECTED (BEFORE FedEx NEXT DAY SHIPPING CUTOFF TIME).
HOLDING SAMPLES CAN RESULT IN REJECTION.**

Thank you!