



US FedEx Shipping Instructions

- 1) Ship specimens Monday through Thursday only on the same day the blood is drawn.
- 2) Place the cardboard kit box containing the specimens and the completed test requisition form into the FedEx Clinical Pak.
- 3) Affix the provided Prepaid Return Label onto the bag in the designated location. Record the tracking number printed on the label if you want to track this delivery.
- 4) To schedule a pick up, scan the QR code and fill out the form. Or, call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). When you hear the automated greeting, say "Schedule a pick up." The next prompt asks if the shipment is more than 150lbs, say "No." When the next prompt asks whether the shipment will be Express or Ground, say "Express." At the next prompt, say "Schedule a Pick up with a Label or Stamp." Reply "YES" when asked if the word "Stamp" is written on the waybill. You will then be asked for your address information.



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

If you are located in the United States and choose to use a different courier or level of service than provided or are located outside the United States, you must make your own shipping arrangements at your own expense.



US & CANADA: 1.800.323.2784
 GLOBAL: 1.630.377.8139 - FAX: 1.630.587.7860
 3755 Illinois Avenue, St. Charles, IL USA 60174-2420
 info@doctorsdata.com - www.doctorsdata.com

NAD Profile; whole blood

Before You Start:

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

This test requires no special diet or fasting prior to collection. We recommend no vigorous exercise or any supplements be taken 2 hours prior to blood collection. Consult with your physician for any questions regarding medication or supplement use. *Never discontinue prescription medications without first consulting your physician.*

Draw blood and ship on the same day Monday-Thursday only. Specimen must be received within 3 days of collection. Freeze the gel ice brix before you go to the phlebotomist.

Phlebotomist Notes:

Tubes: Lavender-top K2 EDTA vacutainer tube - 6mL
 Processing: Mix blood well and keep tube in refrigerator until shipment - do not freeze
 Rejection: < 4 mL of blood, sample is frozen, hemolyzed, or clotted
 Shipping/Stability: Send same day- overnight delivery

Verify Kit Contents:

- 1 Polar gel ice brix
- 1 Styrofoam insulating shell
- 1 Lavender-top K2 EDTA vacutainer tube
- 1 Clear plastic protective tube
- 1 Zip-lock bag
- 1 Test requisition form
- 1 FedEx Clinical Pak with Prepaid Return Label

- ◆ 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) Before you draw the blood, place the gel ice brix into a freezer until frozen solid (usually about 6 hours).

2) Draw the blood into the supplied EDTA lavender-top tube. Fill the tube completely (minimum 5 ml) and invert 10 times to ensure mixing. **DO NOT FREEZE THE SPECIMEN.**

3) Write the patient's name, the date of collection, and patient's date of birth on the tube label. ***The test cannot be performed without the patient information on the tube.***

4) Place this blood tube into the clear plastic protective tube and cap it and put into the zip-lock bag. Keep blood tube in the refrigerator until ready to ship. Do not leave out at Room Temperature.

TIP: To more easily remove the cap on the clear plastic protective tube, rock the cap back and forth while pulling.

5) 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.

6) When ready to ship, retrieve the ice brix from the freezer and place into bottom of the styrofoam insulated shell. Place the zip-lock bag containing the specimen on top of the gel ice brix. Close the shell and place it into the cardboard shipping box.

To obtain the best results, Doctor's Data recommends shipping specimens as soon as possible. For this test, the specimen must be shipped the same day it is collected.

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