

# Shipping Preparation

## When to schedule your shipment

- Ship your sample as soon as possible. Do not ship your sample on a Thursday or Friday as we are closed over the weekend.

## When you are ready to ship

- Ensure that the following information is provided; Personal Information Form: make sure the form is completed.
- Pro-forma Invoices: fill out the supplied invoices (only required if you are shipping from a non-EU country).

## Prepare your shipment:

- The doctor/phlebotomist must place your completed Personal Information Form and your sample into the supplied box. The box must then be placed into the DHL bag for shipping.
- Place the completed Personal Information Form and the bio-hazard bag containing the collected samples into the supplied box.
- Place the box in the DHL bag and ship (see Shipping Instruction).



## Welcome To Your Test Kit

You have chosen to do a Liposcan (HDL & LDL Subfractions) or Oxidised LDL Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

### Important:

Please note that the blood draw procedure for this test needs to be carried out by a doctor or phlebotomist. Please read the Shipping Preparation and Shipping Instruction thoroughly before booking a blood draw appointment.

## Check Your Kit

### Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Plastic tube holder
- 1 x Personal Information Form
- 1 x DHL bag
- 1 x DHL shipment waybill
- 2 x Pro-forma Invoices (only included if you are shipping from a non-EU country)

### Collection Materials

- 1 x Red/grey-capped Serum Separator Tube (SST)
- 1 x Red-capped amber transfer tube
- 1 x Pipette
- 1 x Bio-hazard bag with absorbent pad



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## Preparation

### When to schedule your collection

- Book your blood draw appointment on a Monday, Tuesday or Wednesday before 2pm as the samples must arrive at the laboratory on a working day.
- You must make the doctor or phlebotomist aware of the Shipping Preparation and Shipping Instruction included with this test and ensure that they have the correct refrigeration/freezing facilities for your samples when booking your appointment.
- On the day of your blood draw, and before attending your appointment, please call DHL (see Shipping Instruction) before 2pm to arrange for a courier to collect your samples from the address of your doctor or phlebotomist.
- DHL have a 3-hour time frame to make the pick-up, please tell them that your package needs to be collected before 5pm.

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

### Prior to Collection

- You must fast for 12 hours prior to blood draw.
- Do not eat solid food.
- Drink only water when necessary.

### Important Note:

Never discontinue medication without first consulting your practitioner.

**Important:** The blood draw procedure is for professional use i.e. the information is for the doctor or phlebotomist on how to take the sample.

## Collection Procedure



### Step 1:

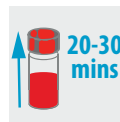
Write the patient's full name, date of birth, gender, as well as the date and times of each collection on the amber transfer tube. Also note the date and times of the collections on the Personal Information Form.

**Important:** To ensure accurate test results the requested information must be provided.



### Step 2:

Draw SST tube fully of venous blood.



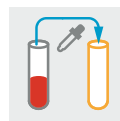
### Step 3:

Place SST tube upright in a rack at room temperature and allow blood to clot for 20 to 30 minutes undisturbed.



### Step 4:

Centrifuge the SST tube for 15 minutes. The serum must be free of hemolytic or red blood cells.



### Step 5:

Transfer serum to the amber transfer tube using the disposable pipette. DO NOT fill more than  $\frac{3}{4}$  full.



### Step 6:

Place the amber transfer tube into the plastic tube holder and put inside the bio-hazard bag.



### Step 7:

Place the bio-hazard bag into the box. Sample is now ready to ship.