

Welcome To Your Test Kit

You have chosen to do an Immuno 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.

Check Your Kit

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.

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Address label

Collection Materials

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

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email testkits@nordicgroup.eu

Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

Preparation

When to schedule your shipment

- 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.

Provide the following information

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

If you are taking any medication

- Immunosuppressive drugs (such as cortisone) should NOT be taken for 60 days prior to sample collection to allow antibody reactions to be detected.

Important Note:

- Never discontinue medication without first consulting your practitioner.

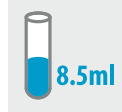
Collection Procedure

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.



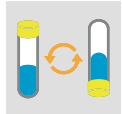
Step 1:

Write the patient's full name, date of birth, gender, as well as the date and times of each collection on ALL tube(s). 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 8.5 ml. of venous blood into SST.



Step 3:

Gently invert SST 2-3 times to activate clotting enhancer.



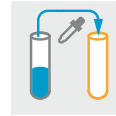
Step 4:

Allow blood to clot for 30 minutes undisturbed.



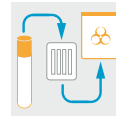
Step 5:

Centrifuge at 3500 rpm for 10 minutes.



Step 6:

Transfer serum to the amber transfer tube using the disposable pipette.



Step 7:

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



Step 8:

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

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.

Prepare

- Place the completed Personal Information Form and the bio-hazard bag containing the collected samples into the supplied box.
- Place the address label on the box and ship (see Shipping Instruction).