

Shipping Preparation

When to schedule your shipment

- Ship your sample on the same day as collection. You must ship on a Monday or Tuesday ONLY as the sample must reach the laboratory within 24 hours of collection.

When you are ready to ship

- Ensure that the following information is provided;
 - Personal Information Form: make sure the form is completed and edit if necessary.
 - Pro-forma Invoices: fill out the supplied invoices (only required if you are shipping from a non-EU country). Please place one of your invoices into the transparent envelope and stick the envelope to the box (the other one is handed to the driver).
 - Service Order Form: ensure that you complete and sign the form and return it with your samples.

Prepare your shipment:

- Retrieve your frozen gel freezer packs from the freezer and place one of them into the bottom of the styrofoam box with lid.
- Place the bio-hazard bag containing your samples into the padded envelope and seal.
- Place the padded envelope into the styrofoam box and then place the second frozen gel freezer pack on top of the padded envelope along with your completed Personal Information Form and Service Order Form.
- Place the styrofoam box into the supplied cardboard box and ship. Further shipping instructions of how to schedule the courier will be provided over email, please follow these instructions.

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.



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TruBlood

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Welcome To Your Test Kit

You have chosen to do a TruBlood Test from Nordic Laboratories which will provide information to help you on your personal health journey.

IMPORTANT SHIPPING INFORMATION - YOU MUST SHIP YOUR SAMPLES ON THE SAME DAY AS COLLECTION; on a MONDAY or TUESDAY ONLY

You **MUST** contact us for your return shipping documents **BEFORE** arranging the blood draw and before starting your test kit.

- **Please follow the below steps:**
 - Email to support@nordicvms.com
 - Subject: TruBlood Waybill Request.
 - Supply your full name, telephone number and physical address (including country) of where the test kit will be shipped back from (the shipping company will collect from you).
 - Print the relevant documents .
 - Further instructions of how to schedule the courier pick up will be provided over email.

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 Styrofoam box with lid (**keep this box for returning your samples**)
- 2 x Gel freezer packs (freeze, min 12 hours)
- 1 x Padded envelope
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Service Order Form (complete & sign)
- 1 x Return shipping document
- 1 x Transparent envelope
- 2 x Pro-forma Invoices (**only included if you are shipping from a non-EU country**)

Collection Materials

- 1 x Blood collection pack
- 1 x Yellow-capped Serum Separator Tube (SST)
- 1 x 10ml Lavender-capped tube
- 1 x 5ml Lavender-capped tube
- 1 x Bio-hazard bag with absorbent pad

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 collection

- Book your blood draw appointment on a Monday OR Tuesday ONLY before 1pm as the samples must be shipped on the same day as collection and must arrive at the laboratory within 24 hours of collection.
- You must make the doctor or phlebotomist aware of the Shipping Preparation and Shipping Instruction included with this test when booking your appointment.
- On the day of your blood draw, and before attending your appointment, please call the shipping company (see Shipping Instruction) before 1pm to arrange for a courier to collect your samples from the address of your doctor or phlebotomist.
- The shipping company 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 six hours prior to blood draw.
- Do not eat solid food. Drink only water when necessary.
- Freeze both gel freezer packs for a minimum of 12 hours prior to attending your blood draw appointment. You MUST take your frozen gel freezer packs along to your blood draw appointment.

Important Note:

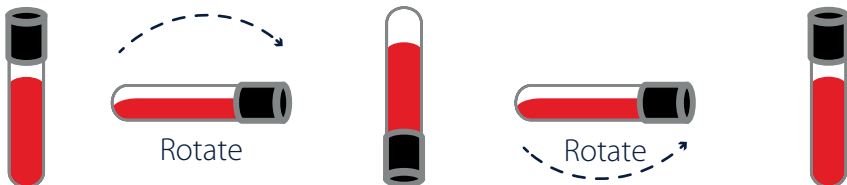
- Never discontinue medication without first consulting your practitioner.
- Do not centrifuge the blood specimen in ANY of the tubes.
- Samples are to be shipped on the same day as collection.
- The whole blood samples must be shipped between temperatures of +2°C to +8°C.
- Do not use specimen collection tubes after expiration date.
- Samples MUST reach the laboratory within 48 hours of collection.

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.

Figure 1*

For professional use i.e. this information is for the doctor or phlebotomist on how to invert samples:

- One sample inversion requires the tube to be rotated through 180 degrees in one direction, then rotated back through 180 degrees in the opposite direction. Inadequate or delayed mixing may result in inaccurate test results.



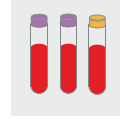
Collection Procedure



Step 1:

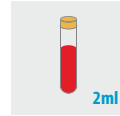
Write the patient's full name, date of birth, gender and the date of collection on the labels attached to the tubes. Also note the date of the collection on the Personal Information Form.

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



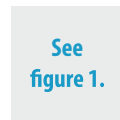
Step 2:

Prepare the patient for venepuncture procedure. Perform venepuncture with vacutainer needle attached to the holder. ALL tubes must be filled during the same phlebotomy session.



Step 3:

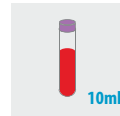
Draw 2ml of blood using the SST tube.



See figure 1.

Step 4:

Perform 8-10 gentle inversions of the SST tube as shown in figure 1 on page two.*



Step 5:

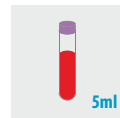
Draw 10ml of blood using the 10ml lavender-capped tube.



See figure 1.

Step 6:

Perform 8-10 gentle inversions of the 10ml lavender-capped tube as shown in figure 1 on page two.*



Step 7:

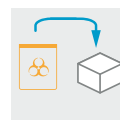
Draw 5ml of blood using the 5ml lavender-capped tube.



See figure 1.

Step 8:

Perform 8-10 gentle inversions of the 5ml lavender-capped tube as shown in figure 1 on page two.*



Step 9:

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