

# Returning your specimen to Age Diagnostic Laboratories

- Put the vacutainer tubes in the foam tube holder provided
- Put them into the sealable section of the biohazard specimen transport bag supplied
- Place the completed request form into the non-sealable section of the biohazard specimen transport bag supplied
- Place the biohazard specimen transport bag into the padded envelope provided
- Place the ice pak into the padded envelope provided
- Place the padded envelope into the Fedex clinical pak
- Send the package to Age Diagnostic Laboratories using Fedex

*If you are outside of the USA return specimen as per the instructions from your local ADL agent (if applicable).*



## Before you start

### Check the contents of the test kit

- 1x SST (orange) vacutainer tube
- 1x Sheet of aluminium foil
- 1x Age Diagnostic Laboratories (ADL) request form
- 1x Specimen collection instructions
- 1x Foam tube holder
- 1x Ice pack
- 1x Biohazard specimen transport bag
- 1x Padded envelope
- 1x Fedex clinical pak

If items are missing or you have any questions regarding the test kit, please contact Age Diagnostic Laboratories (ADL) on 877 983 7863 or contact your local ADL agency.

*Read the enclosed instructions before proceeding.*

## Results

Your healthcare practitioner can expect to receive results 1-4 weeks after Age Diagnostic Laboratories (ADL) receives the specimen (depending on the specific test ordered).

Testing should ideally be professionally requested and interpreted. Patient requested tests however are permitted but are intended for informational purposes only.

For further information about this and other tests that are available from Age Diagnostic Laboratories (ADL) please refer to our website:

**[www.adltests.com](http://www.adltests.com)**

## This kit can be used for any of the following tests

- Aldosterone (Serum) (1101)
- Ceruloplasmin (Copper Oxidase) (Serum) (5009)
- Coeliac Profile (Serum) (2002)
- Coenzyme Q10 (Blood) (5008)
- Copper (Serum) (5009)
- Cortisol Profile (Serum) (1102)
- Cytokine Panel Level 1 & 2 (Serum) (4002, 4004)
- DHEAs (Serum) (1103)
- Female Hormone Profile (Serum) (1104)
- IGF1 (Serum) (1105)
- IGF-BP3 (Serum) (1106)
- Lipoprotein (a) (Serum) (4009)
- Male Hormone Profile (Serum) (1108)
- Nanobacter (Serum) (3005)
- Pregnenolone (Serum) (1109)
- Reverse T3 (Serum) (1112)
- Total Antioxidant Status Test (Serum) (5021)
- Thyroid Profile (Serum) (1113)
- Thyroid Profile - Comprehensive (Serum) (1114)

# Blood SST (Serum) specimen collection instructions

## To ensure we can provide accurate results

- Do not eat any food 12 hours prior to the blood draw (i.e. you should be fasting). You can consume water

- Take morning medications after the blood draw if possible

- **For the Aldosterone Test:** Collect the sample between 0800 and 1000 h after the patient has been ambulant (upright and moving) for 1-2 hours, however check with your doctor whether they have any special requirements. Patients should maintain a normal sodium diet (approximately 3 g/day) for at least two weeks before testing. Low serum potassium levels will suppress aldosterone secretion, therefore correct any known hypokalemia (4-6 weeks prior) before testing if possible. If you are on any steroid medications (eg. Prednisone, cortisone cream, inhalers), herbal products (e.g. licorice) that affect the adrenal glands, spironolactone, drugs that alter sodium, potassium and fluid balance (e.g. diuretics, antihypertensives, oral contraceptives) we suggest that you discuss with your healthcare practitioner whether you need to discontinue these medications prior to collecting your specimen

- **For the Celiac Profile:** If you are using this test for diagnosing Coeliac Disease: We suggest that you do not eliminate gluten from your diet prior to testing as recent exposure to these

foods may be required for antibodies to be present in the blood. If gluten is not included in the diet during this time, false negative results may be obtained. In addition, avoid using any immunosuppressive medications prior to testing. These medications suppress the immune response and can affect the results. If you Coeliac Disease and are performing a follow-up test: Follow your normal eating regime. In addition, avoid using any immunosuppressive medications prior to testing. These medications suppress the immune response and can affect the results. In all situations, please check with your healthcare practitioner and follow their instructions

- **Cortisol & Cortisol Binding Globulin Profile:** If you are on any steroid medications (e.g. Prednisone, cortisone cream, inhalers) or herbal

**For the Aldosterone Test, Female Hormone Profile, Male Hormone Profile, Pregnenolone, IGF1 and IGF-BP3:** If you use hormone medication, ensure that you allow the appropriate time to pass after your last dose before you collect your specimens as specified below;

- DHEA supplementation: collect specimen 6-8 hours after last dose
- Hormone creams, troches or capsules: collect specimen 12-24 hours after last dose
- Transdermal patches (bi-weekly use): collect specimen 2-3 days after applying the patch
- Transdermal patches (daily use): collect specimen 12-24 hours after applying the patch
- Vaginal pessaries: collect specimen 12-24 hours after last dose.

## To ensure we can provide accurate results cont.

products that affect the adrenal glands, we suggest that you discuss with your healthcare practitioner whether you need to discontinue these medications prior to collecting your specimen

- **Cytokines, Basic and Extensive Profile:** Avoid using medications that modulate the immune system as they may affect the results of this test. We suggest that you discuss with your healthcare practitioner whether you need to discontinue these medications prior to collecting your specimen

## Specimen collection

- Ask the medical practitioner or nurse to collect a blood sample from you in the SST tube provided
- Leave the blood to clot for 10 minutes & centrifuge the SST tube for 10 minutes at 3000rpm (optional)
- Pack the sample in the transport cylinder and send back to Age Diagnostic Laboratories (ADL) as described in the 'Returning Your Specimen to ADL' section below.

Do not transport serum on fridays or before holidays.

**Keep it refrigerated instead.**