

# Returning your specimen to Age Diagnostic Laboratories

- Place the biohazard transport bag containing the blood spot specimen, into the non-sealable section of the biohazard specimen transport bag containing the monovette
- 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 fedex clinical pak provided
- Post sample to Age Diagnostic Laboratories (ADL)
- If you are unable to ship the specimen immediately, store the samples in the refrigerator. Send the specimen to ADL or your ADL agent within 3 days of collection.

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

## Results

Your healthcare practitioner can expect to receive results 2-3 weeks after Age Diagnostic Laboratories (ADL) receives the specimen.

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)**

## Inflammation Profile specimen collection instructions

## Before you start

### Check the contents of the test kit

- 1x Sterile swab
  - 2x Lancets
  - 1x Test card
  - 1x Lip-loc bag
  - 1x Band-Aid
  - 1x 120ml Screw capped container
  - 1x Urine monovette (Urin-Stabilisator)
  - 1x Age Diagnostic Laboratories (ADL) request form
  - 1x Specimen collection instructions
  - 1x Monovette instructions
  - 2x Biohazard specimen transport bag
  - 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.*

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

- Inflammation Profile (4008)

## Practitioner, payment and testing details

*Complete the ADL request form enclosed.  
Be sure to complete all patient information and payment options.*

## Safety notes

- Avoid contact of the powder in the monovette with your eyes or skin (wash the area thoroughly if this occurs)
- Do not inhale or ingest the powder in the tubes (contact your healthcare practitioner if this occurs)
- Do not remove the powder from the monovette.

## 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 may consume water. Take morning medications after the blood draw if possible
- Do not collect urine specimen during menstruation
- Do not collect urine specimen when patient has a urinary tract infection
- Decrease fluid intake the night before the specimen collection to avoid excessive dilution of the urine
- Do not perform this test if you have a kidney disorder or are on diuretics
- If you use hormone medication, ensure that you allow 12-24 hours after the last dose before you collect your urine specimen
- If you are on any steroid medications (e.g. Prednisone, cortisone cream, inhalers) or herbal 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
- Never discontinue prescription medications without first consulting your healthcare practitioner.

## Blood Spot Specimen collection

- Write patient name and date of birth on the test card. Set card on clean, dry surface, with the 3 circles face up
- Wash hands thoroughly in warm water. Run hands under warm water for 1 minute and dry
- Choose the tip of finger or thumb and wipe puncture site with swab. Allow to dry, without touching again. Keep the swab handy
- Hold lancet and twist off the purple stem from the protective cap
- Lightly press the lancet against the fingertip and press the purple button on the top of the lancet. The lancet automatically retracts after use and cannot be used again
- A second lancet is provided, should a another skin puncture is required
- Press the finger firmly from below the puncture site to let out a drop of blood. Wipe off the first drop of blood with the alcohol swab and discard
- Squeeze puncture site so that drops of blood drip onto the first circle on the Test Card. Collect enough blood so that the whole area within the circle is completely soaked with blood and there is no more white showing in the circle. Repeat this process for the other two circles
- The three circles must be completely covered with blood. If not the sample will be rejected
- Allow to air dry for 45 to 60 minutes. **DO NOT APPLY HEAT!** Place Test Card into the resealable section of the specimen transport bag.

## Spot Urine Specimen collection

- Empty bladder of urine before going to bed at night (do not collect this specimen)
- In the morning collect your first morning urine void into the 120 ml screw capped container. If you cannot go through the night without emptying your bladder, collect all the urine produced during the night as well as all of the first morning void of urine into a clean container. Mix the urine and put a sample of this urine into the 120 ml screw capped container
- Peel open the 10 ml green urine monovette (urin-stabilisator)
- Assemble the urine monovette and draw 10 mls of the urine specimen into it following the instructions in the diagram provided below. Please note that the white powder must remain in the monovette as a preservative
- Complete the details on the adhesive sticker provided (full name, date of birth). Place sticker on monovette
- Put the monovette into the sealable section of the section biohazard specimen transport bag supplied. Ensure air pockets are removed that may have formed in the bag as you sealed it