

# 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).*

## Results

Your healthcare practitioner can expect to receive results 2-4 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)**



## Before you start

### Check the contents of the test kit

- 1x EDTA (purple) vacutainer tube
- 1x Transport cylinder
- 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 Foam tube holder
- 1x Ice pak
- 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.*

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

- Oxidative Damage Markers - Comprehensive (4019)

## Practitioner, payment and testing details

*Complete the ADL request form enclosed.*

*Be sure to complete all patient information and payment options.*

# Oxidative Damage Markers 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 may consume water
- Do not collect the urine specimen during menstruation
- Do not collect the 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
- Never discontinue prescription medications without first consulting your healthcare practitioner.

## Spot Urine Specimen collection

- Empty bladder of urine before going to bed at night (do not collect this specimen)
- Collect your first morning urine 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 the 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 biohazard specimen transport bag supplied. Ensure air pockets are removed that may have formed in the bag as you sealed it

## 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
- Do not remove the powder from the monovette. in the tubes (contact your healthcare practitioner if this occurs)

## EDTA Blood Specimen collection

- Ask the medical practitioner or nurse to collect a blood sample from you in the EDTA tube provided
- Ask the medical practitioner or nurse to wrap the vacutainer tubes in cotton wool and put them into the sealable section of the biohazard specimen transport bag supplied
- Place the biohazard bag into the plastic screw-capped container
- Place the screw-capped container into the cardboard sleeve and insert it as a whole into the transport cylinder. Seal the cylinder with the red cap
- Pack the sample in the transport cylinder and post back to Age Diagnostic Laboratories (ADL) as described in the 'Returning Your Specimen to ADL' section below.

Do not transport blood on fridays or before holidays.

**Keep it refrigerated instead.**