

### Patient Preparation

If undergoing chemo or radiation therapy, please wait 2 weeks after stopping treatment for testing.

**48 hours prior to phlebotomy, abstain from:** all therapeutic enzymes, supplements, hyperbaric oxygen therapy, intravenous vitamin C, deep tissue body work, ozone treatment, hydrogen peroxide treatment, rigorous physical activity, and sexual activity.

**12 hours prior to phlebotomy, NO** food, drinks or supplements (some exceptions apply). May drink about 6 oz. of water if needed.

**3.5-4.0 hrs before blood draw, TAKE DHEA-S and thyroid hormone (if already taking)**

### Specimen Preparation

**HCG-Urine:** (Collect first morning urine at home). After a brief first stream, collect urine into a clean cup. Fill the white screw-cap bullet tube provided; ship with the rest of the samples.

**CA Profile® and Tumor Markers Panel:** Draw blood into (1) Gel Serum Separator tube (SST), allow to clot for 15 - 20 minutes, centrifuge for 15 minutes. **Transfer the clear, yellow serum into the provided Red screw-cap small tube IMMEDIATELY to prevent hemolysis.** *Ship with urine sample.*

#### **Longevity Profile®®:**

- **Collect first morning urine at home.** After a brief first stream, collect urine into a clean cup. Fill the white screw-cap small tube provided  $\frac{3}{4}$  of the way; ship with the rest of the blood samples.
- Draw 1 Gel Serum Separator Tube; allow it to clot for 15 – 20 minutes, centrifuge for 15 minutes. **Transfer** the clear, yellow serum into the provided red screw-cap small tube **IMMEDIATELY** to prevent hemolysis.
- Draw 1 more Gel Serum Separator Tube; allow it to clot for 15 – 20 minutes, centrifuge for 15 minutes. **DO NOT TRANSFER SERUM (ship as is)**
- Draw 2 Red-Top plain, no gel tubes all the way to the top. Allow them to clot for 15 – 20 minutes, centrifuge for 15 minutes. Transfer serum from both tubes to white-top "Transport Tube - Serum" labeled tube.
- Draw 1 EDTA lavender top tube. Do not centrifuge or freeze. Ship as is.
- Draw 1 more EDTA Lavender top tube. Allow it to clot for 15 – 20 minutes, centrifuge for 15 minutes. Transfer plasma to the white-top "Transport Tube Plasma PTH intact" labeled tube.
- If Cortisol P.M. test is desired. Please go back between 3 -4 p.m. for a second draw.  
Draw 1 Gel Serum Separator Tube; allow it to clot for 15 – 20 minutes, centrifuge for 15 minutes and send as is.

**PHI and HCG Serum tests:** Draw blood into (1) serum separator red top tube (SST), allow to clot for 15 - 20 minutes, centrifuge for 15 minutes. **Transfer the clear, yellow serum into the provided red screw-cap bullet tube IMMEDIATELY to prevent hemolysis.**

Please label all tubes with the patient's name, date of birth, date and time of draw, and phlebotomist's initials.

**Note:** *If preservative tubes are not available, you may transfer the serum and urine into separate transfer tubes and ship overnight.*

### Shipping

**Cancer Profile®, Tumor Markers Panel, HCG (serum & urine) and PHI test:** PRIORITY mail (2 to 3 days).

**Longevity Profile®, CBC:** Overnight shipping required.

**Our facility is closed on Saturday and Sunday. If shipping overnight, please do not ship on Friday.**

All tests are run Wednesday & Thursday. Samples must be received by the end of the day on Tuesday to be run that week. If the shipment misses cut-off time, specimen/s will be frozen and run the following Wednesday. Results go out every Friday by U.S.P.S regular/first class mail, email or fax.