

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: Included with Cancer Profile®, Tumor Marker panel and Longevity Profile® - **Collect first morning urine at home.** After a brief first stream, collect urine into a clean cup. Fill the **YELLOW-CAP 2 mL tube**; 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 RED-CAP 3 mL tube IMMEDIATELY to prevent hemolysis.** Ship with urine sample.

Longevity Profile®:

First morning urine at home. After a brief first stream, collect urine into a clean cup. Fill the 2 mL **YELLOW-CAP tube** provided $\frac{3}{4}$ of the way; ship with the blood samples.

1. Draw 3 Gel Serum Separator Tube; allow them to clot for 15 – 20 minutes, centrifuge for 15 minutes. **Transfer** the clear, yellow serum from 1 SST(only) into the **RED-CAP 3 mL tube IMMEDIATELY** to prevent hemolysis. Leave the other 2 SSTs; ship as they are.
2. Draw 1 Red-Top plain, no gel tube all the way to the top. Allow it to clot for 15 – 20 minutes, centrifuge for 15 minutes. Transfer serum to **WHITE-CAP transport tube** labeled “**Serum.**”
3. Draw 1 EDTA lavender top tube. Do not centrifuge, freeze or refrigerate; keep at room temperature. Ship as is.
4. Draw 1 more EDTA Lavender top tube. Allow it to clot for 15 – 20 minutes, centrifuge for 15 minutes. Transfer plasma to the **WHITE-CAP transport tube** labeled “**Plasma PTH intact.**”
5. 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/or HCG Serum tests: Draw blood into (1) serum separator tube (SST), allow to clot for 15 - 20 minutes, centrifuge for 15 minutes. **Transfer the clear, yellow serum into the RED-CAP 3 mL 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.