

## Serum Analysis Collection/Shipping Instructions

### Sample Collection and Preparation

Samples should be taken by a qualified phlebotomist and separated into serum by a clinical laboratory.

1. Freeze Techni-Ice™ (Included in the shipping kit) for a minimum of 6 hours.
2. Write Name or Sample Identification on sample label (included in the kit).
3. Adhere sample label onto the sample tube (included in the kit).
4. Perform venipuncture as with any other blood collection device. Non-silicanized red-top vacutainer tubes (10mL) suggested. Collect 2 tubes.
5. Invert the tube gently no more than eight times. Further inversion may cause alterations in sample integrity.
6. Do not remove the stopper at any time.
7. Do not centrifuge immediately after drawing blood. **Allow the blood to clot** in an upright position for at least 30 minutes, but not longer than 1 hour before centrifugation.
8. Centrifuge for at least 15 minutes at 2200-2500 RPM within one hour of collection.
9. Transfer the serum to the sample tube (included in the kit).
10. Date and initial custody seal sticker (included in the kit)
11. Place Custody Seal across lid and tube.
12. Place the tube in the plastic bag supplied in the kit.
13. Dispose of remaining solids with collection tubes.
14. Place serum sample tube into shipping box and cover with frozen Techni-Ice™.
15. Place the “Vista Serum Collection & Shipment Form” into plastic bag (included in the kit).
16. Place the bagged form over the Techni-Ice™.
17. Seal box.
18. Adhere FedEx shipping label.

Vista's shipping address is:      Attn: Sample Receiving  
Vista Analytical Laboratory, Inc.  
1104 Windfield Way, El Dorado Hills, CA 95762  
Phone: (916) 673-1520