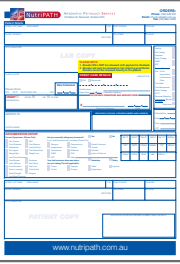




## PATIENT INSTRUCTIONS STEPS 8-12 (CONT'D):

9.  Ensure that all sections on the NutriPATH request form are completed. This includes (patient name, date of birth, residential address, credit card details and test analysis/required).

10.  Complete the 'NutriPATH Patient Checklist Form' prior to sending the samples back to the laboratory to ensure no delays in test results.

11.  Place your original NutriPATH completed request form issued by your healthcare practitioner into the cardboard transport cylinder neatly which should be surrounding the blood specimen tubes in the plastic container.

12.  Seal the cardboard transport cylinder and return to NutriPATH via your nearest Australia Post outlet or yellow express post bin on that same day. *Please do not remove the barcode sticker from the transportation cylinder. If you wish to track your sample please take a note of the number.*

*"Thank you for your request. Results will be forwarded to your referring practitioner upon completion."*



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PO Box 442, Ashburton VIC 3147



# BLOOD SPECIMEN SST (YELLOW TOP)

## Collection Instructions

Version 1: April 2019

### COLLECTION REQUIREMENTS

**If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.**

**Before proceeding, please read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.**

### IMPORTANT PRE-COLLECTION INFORMATION

- Please collect this sample on either a Monday, Tuesday OR Wednesday.
- It is recommended that you fast for a minimum of 8-10 hours prior to collection.
- Ensure that you are well hydrated with WATER ONLY prior to collection.
- Check that the patient information on the request form is correct.
- Your ORIGINAL NutriPATH request form that was provided by your healthcare practitioner must be returned with your specimen/s for analyses.

*If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.*

# SST (Serum)

## Blood Collection Kit

### KIT CONTENTS:

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 1300 688 522.

- 1 or 2 x 8.5ml SST (Gel) Vacutainer (yellow top)
- 1 x Reply Paid Post Cardboard transport cylinder  
(small for 1 Vacutainer; large for 2 Vacutainers)
- 1 x Specimen transport bag
- 1 x Request form

### SPECIMEN COLLECTION

NutriPATH has blood collection arrangements in place with the following laboratories in each state:

**ACT** Capital Pathology

**NSW** Douglass Hanly Moir Pathology or Southern IML Pathology

**QLD** QML Pathology

**SA** Clinipath Pathology....*phone (08) 8366 2000 to find a suitable location*

**TAS** Hobart or Launceston Pathology

**VIC** Melbourne Pathology

**WA** Clinipath Pathology

**NT** Western Diagnostics

A list of local collection centres can be located via the NutriPATH webpage.

For a complete list of blood collection sites, visit [www.nutripath.com.au](http://www.nutripath.com.au)

- Click on 'I am a Patient'

- Click on 'Collection Centres Australia Wide'

- Select your State

The pathology collection centre **SHOULD NOT** charge you a blood collection fee as NutriPATH hold a corporate collection account.

**In the event that the pathology collector is unsure of the collection procedure, please contact NutriPATH on 1300 688 522.**

Please note a \$33.00 blood collection fee will be charged by NutriPATH.

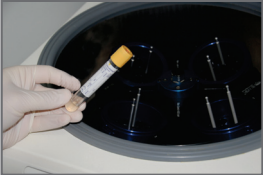
### PRACTITIONER INSTRUCTIONS STEPS 1-2:

1. Give the patient a completed NutriPATH request form and an SST (yellow top) collection kit  
You must write on the request slip:  
**'Please on-refer all samples for all testing to NutriPATH, Melbourne.'**
2. The patient will go to the nearest pathology collection centre or pathology laboratory (see previous page) to have their blood sample collected.

### PATHOLOGY COLLECTOR INSTRUCTIONS STEPS 3-7:


3. Confirm the patient has fasted for this test and note it down on the request form.
4. Prior to sample collection, all sample vacutainers must be labelled with
  - **patient first name/surname**
  - **date of birth**
  - **time and date of collection**

5.  The pathology collector should collect ALL of the provided tubes within the NutriPATH kit.  
*The blood MUST be collected using the tubes provided inside this collection kit.*

6.  After sample collection, all samples should be centrifuged.

7. The pathology collector should hand all specimens over to the patient after they have been collected.

### PATIENT INSTRUCTIONS STEPS 8-12:

8.  Place the 1 or 2 Vacutainer tubes into the re-sealable section of the specimen transport bag and then place into the inner plastic transport cylinder.

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