

Directions



PCNZDiagnostic

Blood Sample Collections

Before you Start

- Check the contents of the collection box:
 - 1 x Lithium Heparin (LH) Tube or
 - 1 x Serum Separator (SSTP) Tube or
 - 1 x EDTA Tube
 - 1 x Protective Bubble wrap pouch
 - 1 x Yellow Plastic Tube
 - 1 x Labelled Courier Bag
 - 1 x Lab Specimen Transport Bag
 - 1 x PCNZDiagnostic Request Form
 - 1 x Directions for Blood Sample Collections
- Read the enclosed instructions before proceeding.

Practitioner, Payment and Testing Details

- Fill in the PCNZDiagnostic Request Form enclosed.

To Ensure we can Provide Accurate Results

- Check which blood test you are doing (PCNZDiagnostic Request Form section 4) and follow the specific direction's for collecting the blood samples below.
- Ideally, **blood samples should be collected on a Tuesday** and put on an overnight courier, to reach PCNZDiagnostic on Wednesday.
- **If the test specifies fasting, do not eat any food for 12 hours prior to the blood draw.** You may drink water only.

Specimen Collection Instructions

For the Essential Fatty Acid Test and Oxidative Damage marker for Protein Test

- Organise with your doctor or closest Medical Laboratory facility to have a blood sample collected.
- Laboratories will charge for collecting the blood, so when you make an appointment **please ask for a quote.**
- Ask the medical laboratory to collect a blood sample in an EDTA tube.
- **DO NOT leave the blood sample with the laboratory that collected your blood.** Return the blood sample in the enclosed labelled courier bag to PCNZDiagnostic as instructed below.

Call **0800 HORMONE (467 6663)** to speak to Jo-Anne Moore, Diagnostic Co-ordinator

62C Diana Drive, Wairau Valley, North Shore 0627, PO Box 101-142, North Shore Mail Centre 0745, Auckland New Zealand
DDI: 64 9 442 1724 Email: jo@pcnzltd.co.nz Ph: 64 9 442 1727 Fax: 64 9 442 5851 Email: info@pharmaceutical.co.nz Website: www.pharmaceutical.co.nz
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Directions



PCNZDiagnostic

Blood Sample Collections

For the Histamine and Amino Acid Test

- Organise with your doctor or closest Medical Laboratory facility to have a blood sample collected.
- Laboratories will charge for collecting the blood, so when you make an appointment **please ask for a quote**.
- Ask the medical laboratory to collect a blood sample in the LH (GREEN) tube.
- **DO NOT leave the blood sample with the laboratory that collected your blood**. Return the blood sample in the enclosed courier bag to PCNZDiagnostic as instructed below.

For the Cytokine, Pregnenolone, Antioxidant and Reverse T₃ Tests

- Organise with your closest Medical Laboratory facility to have a blood sample collected and centrifuged.
- Laboratories will charge for collecting the blood, so when you make an appointment **please ask for a quote**.
- Give the medical laboratory the following information: a) Collect a blood sample in the SSTP (YELLOW) tube b) Leave the blood to clot for 10 minutes c) Centrifuge the SSTP tube for 10 minutes at 3000rpm.
- **DO NOT leave the blood sample with the laboratory that collected your blood**. Return the blood sample in the enclosed courier bag to PCNZDiagnostic as instructed below.

Returning the Specimen to PCNZDiagnostic

- Place the blood tube into the yellow plastic tube and then in bubble wrap pouch.
- Place the pouch into the sealable section of the specimen transport bag.
- Place the PCNZDiagnostic Request Form in the non-sealable section of the specimen transport bag.
- Place the specimen transport bag into the labelled courier bag.
- Contact **CourierPost on 0800 268 7437** stating that the courier is prepaid. The courier bag is already labelled with the delivery address to:

PCNZDiagnostic, 62C Diana Drive, Glenfield, Auckland 0627

- Store the sample in the refrigerator until pickup. Ideally, blood samples should be collected on a Tuesday and put on an overnight courier, to reach PCNZDiagnostic on Wednesday.

Results

Your practitioner can expect to receive results 3-4 weeks after PCNZDiagnostic receives the specimen.

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