



ION Profile Instructions	Patient Handout
Collection Materials	
<ul style="list-style-type: none"><input type="checkbox"/> Collection container (NOT provided, please use your own clean, disposable container)<input type="checkbox"/> Clear plastic vial (provided in test kit)<input type="checkbox"/> Disposable pipette (provided in test kit)<input type="checkbox"/> Ice packet (provided in test kit)<input type="checkbox"/> Box for shipping	
Patient Preparation	
<ul style="list-style-type: none"><input type="checkbox"/> It is not necessary to discontinue nutritional supplements that you are currently taking prior to this specimen collection. Do NOT start any new supplements until after collection.<input type="checkbox"/> Decrease fluid intake:<ul style="list-style-type: none"><input type="checkbox"/> For adults, restrict fluid to three 8 oz. glasses or less for 24 hours prior to the urine collection.<input type="checkbox"/> Make sure that no more than 8 oz. of this is consumed after 8:00 PM the evening prior to the urine collection.<input type="checkbox"/> Avoid fluids other than water.<input type="checkbox"/> You must be fasting for the blood draw. Do not eat or drink (other than water) anything after 9:00PM the night before the blood draw.<input type="checkbox"/> Do not collect urine during menstruation.<input type="checkbox"/> Vial contains preservative - Do Not Rinse.<input type="checkbox"/> Write patient's first and last name, date of birth, and date of collection on the Test Requisition Form, as well as on the clear cap plastic vial, using a permanent marker.<input type="checkbox"/> Freeze ice packet.	
Urine Collection - To be done at home	
<ul style="list-style-type: none"><input type="checkbox"/> The urine collection is to be done the night before and the morning of the blood collection.<input type="checkbox"/> Empty bladder before going to bed at night. DO NOT collect this urine.<input type="checkbox"/> Collect urine (if any) during the night and first morning urine into a clean container (the container is not supplied! You may use any clean container that can be disposed of after the collection).<input type="checkbox"/> Transfer the urine, using the supplied disposable pipette; into the clear cap plastic vial to the 12 ml mark (DO NOT OVERFILL). Screw the cap on tightly.<input type="checkbox"/> Dispose of the remaining urine.<input type="checkbox"/> Freeze the clear cap plastic vial or return to office immediately using ice packet to keep cool.<input type="checkbox"/> Bring the urine to your appointment for the blood draw.	
Blood Draw - To be done at the Hoffman Centre	
<ul style="list-style-type: none"><input type="checkbox"/> The blood draw will be done in the morning Monday through Thursday (exceptions to this occur when a Canadian/USA holiday will interfere with shipping).<input type="checkbox"/> You must be fasting. Do not have anything to eat or drink (other than water) after 9:00 PM the night before your blood is drawn.<input type="checkbox"/> Check to make sure that all of the forms are filled out completely (Name, address, date of birth, signature and the personal questionnaire).<input type="checkbox"/> If the blood draw is not being done at the Hoffman Centre:<ul style="list-style-type: none"><input type="checkbox"/> Please inform the lab that a centrifuge is needed to prepare the blood specimens.<input type="checkbox"/> The kit contains all of the tubes required for collection.<input type="checkbox"/> Please freeze all of the ice packs in the test kit including the ones for the blood collection.<input type="checkbox"/> Wait for laboratory to prepare sample and then return to the Hoffman Centre by noon the same day.	
Blood Collection <ul style="list-style-type: none"><input type="checkbox"/> Please make sure that the requisition is filled out with the patient's first and last name, date of birth, and date of collection, as well as all the tubes and/ or vials using a permanent marker.	

- Red/grey top serum separator tubes and red top amber transfer tubes
 - Draw the 2 red/grey top serum separator tubes.
 - Place upright in a rack at room temperature for 20 to 30 minutes to clot blood.
 - Centrifuge the re/gray top serum separator tubes for 15 minutes. The serum must be free of hemolysis or red blood cells.
 - Pipette 3 ml serum, using a fresh disposable pipette, from each of the red/gray top serum separator tubes into the 2 red top amber transfer tubes. Cap each tightly.
 - Freeze the red top amber transfer tubes.
- Royal-blue top Na-EDTA tube, trace mineral free
 - Draw the royal-blue EDTA tube completely
 - Invert the tube gently 15 times immediately after blood draw
 - Leave the tube at room temperature. DO NOT CENTRIFUGE OR TRANSFER.
- Lavender top EDTA tube and lavender top clear transfer tube
 - Draw the lavender top EDTA tube completely
 - Invert the lavender top EDTA 10 times to mix the EDTA with the blood
 - Centrifuge immediately for 15 minutes. The plasma must be free of hemolysis and red blood cells.
 - Remove the lavender top EDTA tube from centrifuge: DO NOT INVERT TUBE.
 - Pipette plasma, using a fresh disposable pipette, 2.5-3 ml to the lavender top clear transfer tube
 - Freeze the lavender top clear transfer tube.
 - Keep the lavender top EDTA tube at room temperature.
 - PLEASE send back BOTH the lavender top EDTA tube and the lavender top transfer tube.



Red/gray top and amber transfer tubes



Shipping

- If you are shipping the specimen yourself please make sure that you contact the Hoffman Centre for everything that you will need.
 - The specimen must be sent Monday – Thursday, next day delivery, and the waybill will be supplied. Please note you are not able to ship on Friday.
- Please keep in mind any Canadian or USA holidays that may cause a delay in shipping.



Specimen Preparation for Shipping

- Place all of the frozen transfer tubes and the frozen urine collection into the slots of the plastic shell tube tray. Place the orange absorbent pad over the tubes, orange side up. Place the frozen ice packets at the end of the tubes in the tray and one in the middle. Snap the tray closed.
 - Place the royal-blue top Na-EDTA tube and the Lavender top EDTA tube in the depression on the outside of the tray and tape into place.
 - Place the prepared tray into the biohazard bag,
 - Staple the Requisition form and complete Personal Health Assessment Form; Fold and place them in the side pocket of the biohazard bag.
- Seal the biohazard bag; Place it into the specimen collection kit box and close the box.



For any further instruction please feel free to contact us at: 403-206-2333.

