

## When to schedule your shipment

- Ship your samples as soon as possible. If you cannot ship the samples the same day you complete the collection, such as over a weekend or holiday, keep the bio-hazard bag containing the collected sample in the refrigerator until you are ready to ship. Do not store for more than three days.
- Schedule your shipment so that your samples will arrive to the laboratory on a working day, as we are closed over the weekend.

## When you are ready to ship

- Ensure that you have provided the following information:
  - Personal Information Form: make sure the form is completed and that you have noted the date of collection.
  - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
  - The doctor/phlebotomist must place your completed Personal Information Form and your sample into the supplied box.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).



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## Welcome To Your Test Kit

You have chosen to do an Reverse T3 Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you to obtain objective data about yourself to aid the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

## Check Your Kit

### Important:

Please note that the blood draw procedure for this test needs to be carried out by a doctor or phlebotomist. Please read the Shipping Preparation and Shipping Instruction thoroughly before booking a blood draw appointment.

### Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Plastic tube holder (**keep this for returning your samples**)
- 1 x Padded envelope
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**only included if you are shipping from a non-EU country**)

### Collection Materials

- 1 x Bio-hazard bag
- 1 x Absorption pad
- 1 x Yellow-capped Serum Separator Tube (SST)
- 1 x Red-capped amber transfer tube
- 1 x Disposable pipette

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu)

**Please note:** if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

## Preparation

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed. Please also make a note of any medication or supplements currently being taken.

### When to schedule your collection

- This test requires no special diet, but it is recommended that the blood is drawn before you eat breakfast after an overnight fast.
- Book your blood draw appointment on a Monday, Tuesday or Wednesday as early as possible but before 2pm as the samples must arrive at the laboratory on a working day.
- You must make the doctor or phlebotomist aware of the Shipping Preparation and Shipping Instruction included with this test and ensure that they have the correct centrifuging facilities for your samples when booking your appointment.
- On the day of your blood draw, and before attending your appointment, please call the shipping company (see Shipping Instruction) before 2pm to arrange for a courier to collect your samples from the address of your doctor or phlebotomist.
- The shipping company have a 3-hour time frame to make the pick-up, please tell them that your package needs to be collected before 5pm.

### Prior to collection

- You must fast for 12 hours prior to blood draw.
- Do not eat solid food.
- Drink only water when necessary.
- Please refrain from taking the following drugs, as they may interfere with your test results - glucocorticoids (e.g., prednisone), dopamine, lithium, interferon-alpha, phenobarbital, phenytoin, heparin, clofibrate, carbamazepine, and colestipol unless otherwise instructed by your physician.
- Never discontinue prescription medications without first consulting your physician.

## Collection Procedure

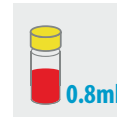
**Important:** The blood draw procedure is for professional use i.e. the information is for the doctor or phlebotomist on how to take the sample.



### Step 1:

Write the patient's full name, date of birth and date and time of collection on both tubes. Also note the date and time of the collection on the Personal Information Form.

**Important:** To ensure accurate test results the requested information must be provided.



### Step 2:

Draw blood into the yellow-topped SST tube fully – must be at least 0.8ml.



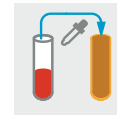
### Step 3:

Mix blood sample thoroughly by inverting the yellow-capped SST tube 3-5 times. DO NOT SHAKE.



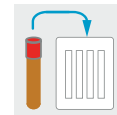
### Step 4:

Centrifuge the yellow-capped SST tube at 1000g for 15 minutes. The serum must be free of haemolytic or red blood cells.



### Step 5:

Pipette all the serum from the yellow-capped SST tube into the red-topped amber transfer tube.



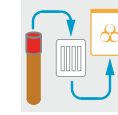
### Step 6:

Cap the red-capped amber transfer tube tightly and place into the plastic tube holder and seal.



### Step 7:

Ensure that patient's details are written on the red-capped amber transfer tube.



### Step 8:

Place the plastic tube holder containing the collected sample into the bio-hazard bag and seal.

If unable to send sample immediately, store in a refrigerator to keep specimen stable. DO NOT FREEZE.