



MOSAIC™
DIAGNOSTICS
Formerly Great Plains Laboratory

Your Body Has Something to Tell You

This is How We Listen

Blood Collection Kit Instructions





Blood provides a rich insight into your health and wellbeing.

While we may think of blood as a liquid, it is really a complex of different cell types – red blood cells to bring oxygen throughout your body, white blood cells that fight infection and repair damaged tissue, and platelets that lock together to stop bleeding. These circulate in a nourishing fluid called plasma.

This is the one Mosaic Diagnostics test sample you can't collect on your own. You will need the help of a phlebotomist, a medical technician who specializes in blood collection. Once scheduled, the blood draw generally takes just a few minutes.

Before You Start: Schedule Your Blood Draw

We recommend scheduling your phlebotomist appointment between **Monday and Thursday**¹. If you need help finding a phlebotomist in your area, we first recommend contacting your practitioner. You can also find a list of recommended blood services on our website: www.mosaicdx.com/general-blood-draw-services.

Most phlebotomists will require either an insurance card or direct payment at time of the blood draw. You can get details for your draw site when you schedule your visit.

Drink Lots of Water. It is important that you are well hydrated any time that you give blood. We recommend hydrating 24-48 hours prior to your phlebotomy appointment.

¹*Outside the US, we recommend scheduling your appointment between Monday and Wednesday to allow extra time for shipping.*

Test Kit Contents

Start by identifying these elements in your test kit. You will need to bring all included items to your phlebotomist appointment.



Test Kit Box



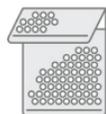
Clear biohazard zip-lock bag



Absorbent packing sheet



Pipette(s)



Silver thermo bag (not in all kits)



Shipping Laboratory Pak



Ice pack (not in all kits)



Test Requisition Form

*Collection vial(s):
Tubes vary by test kit.*



*Blue Top – No Additive
Tube (trace element free)
Includes 5 mL blue topped
transport vial(s)*



*Gold SST Tube(s)
Includes 5 mL white
transport vial(s)*



*Red Topped Tube(s) (no gel)
Includes 5 mL white topped
transport vial(s)*



*Lavender with EDTA
Includes 8 mL topped
transport vial containing
sulfosalicylic acid*



*Royal Blue Top with
EDTA (blue label)
no transport vial
necessary*

Preparing For Your Collection

If You are Taking the Heavy Metals Test – Whole Blood or Red Blood Cell

An overnight fast is required for both tests. These tests require no special diet, but it is recommended that the blood be drawn before breakfast after the overnight fast. Please refrain from taking non-essential medications, and dietary supplements that contain minerals for 72 hours prior to the specimen collection, unless otherwise instructed by your healthcare practitioner.

If You are Taking the Amino Acids Test

An overnight fast is required for this test. For 48 hours prior to the specimen collection discontinue taking any amino acid dietary supplements and/or amino acid metabolites such as GABA, 5-HTP, and creatine. For 48 hours prior to the specimen collection do not consume artificial sweeteners containing aspartame such as NutraSweet®, Equal®, etc. Consumption of these products can cause false elevations of reported amino acid results. Your healthcare practitioner may or may not tell you to discontinue using other dietary supplements or medications.

Prepare Your Kit Before Your Appointment



Place the ice pack (if included) flat in your freezer, so it will be ready to ship with your specimen.



Check expiration dates on your vials, notify your practitioner if any have expired.



Locate and complete the barcode sheet in your test kit. Place one barcode sticker on each collection sample. Be sure that the information is legible and includes the scheduled phlebotomy collection date, and that the name matches what was provided on the test order.



Bring the entire kit to your phlebotomist appointment and be sure to include the icepack (if included) and this instruction book.



Ensure all samples are labeled. Unlabeled samples will be rejected.

For the Phlebotomist Only

This kit may contain up to 5 different tube types. Completely fill all provided collection tubes included in the kit. See next pages for specifics on specimen requirements. Once samples have been collected and processed, ensure that the barcode has been adhered to the vials and labelled.



Blue Top - No Additive Tube (trace element free)
Includes 5 mL blue topped transport vial(s)



Lavender with EDTA
Includes 8 mL topped transport vial containing sulfosalicylic acid



Gold SST Tube(s)
Includes 5 mL white topped transport vial(s)



Royal Blue Top with EDTA (blue label)
no transport vial necessary



Red Topped Tube(s) (no gel)
Includes 5 mL white topped transport vial(s)



Blue Top - No Additive Tube (trace element free)

These tubes are suitable for the **Copper + Zinc Profile** (2) and requires 4 mL serum.

Phlebotomist Instructions

- Draw blood into the tubes.
- Allow blood to clot at room temperature, upright for 15-30 minutes.
- Centrifuge for 15 minutes at 1500g.
- Pipette serum to the blue topped transfer vial.
- Tightly seal the cap.
- Freeze transport vial until ready to ship.



Gold SST Tube(s)



Red Topped Tube(s) (no gel)

Any of the below tests can be completed with these tube types. Each transport vial requires 2 mL of serum. The number following each test indicates the number of tubes required:

- *Advanced Cholesterol Profile (2)*
- *IgG Food MAP (1)*
- *IgE Food Allergy Basic (2)*
- *IgE Food Allergy Advanced (3)*
- *IgE Inhalant Allergy Basic (2)*
- *IgE Mold Allergy (1)*
- *Iron + Total Iron Binding Capacity (1)*
- *Homocysteine Test (1)*
- *Streptococcus Antibodies Profile (1)*
- *Vitamin D Test (1)*

Phlebotomist Instructions

- Draw blood into tube(s).
For Homocysteine Test Only: This sample should be refrigerated immediately after collection and then separated from the cells within 30 minutes. As an alternative, you may place the red topped tube in an ice bath (Do NOT use an ice bath for the Gold SST Tube, as the gel may freeze).
- Allow blood to clot at room temperature, upright for 15-30 minutes.
- Centrifuge for 15 minutes at 1500g.
- Immediately pipette serum into the white topped transfer vial.
- Tightly seal the cap.
- Freeze transport vial until ready to ship.



Lavender with EDTA

Sample must be received within 48 hours of collection.

This tube is suitable for the **Amino Acids Test** and contains EDTA. The transport vial contains 200 μL 50% sulfosalicylic acid. For any spills, wipe with a wet towel. In case of contact with eyes, flush with water for 15 minutes. In case of contact with skin, wash with soap and water.

Phlebotomist Instructions

- Draw blood into the tube containing EDTA and invert 10 times to mix.
- Within 30 minutes of draw, centrifuge at 1500g for at least 10 minutes.
- Pipette the plasma to the 2mL line on the transport vial. Do not fill above or below this line. Tightly seal the cap.
- Invert vial at least 10 times. Contents will be milky white. Immediately **freeze** transport vial until frozen (approx. 6 hrs).

Prepare the Amino Acids Test for Shipment

1. Place transport vials into vial sleeve.
2. Place vial sleeve into clear biohazard bag.
3. Place the frozen gel pack and the vial sleeve into the styrofoam insulation shell.
4. Close the shell and place into the cardboard shipping box.
5. Locate the shipping instructions card included in the test kit for details on how to ship your collection(s).
6. For this collection, you may skip the preparing the package instructions beginning on page 15.



Royal Blue Top with EDTA (blue label)

These tubes are suitable for the **Heavy Metals Test - Whole Blood (1)** and **Heavy Metals Test - Red Blood Cell (2)**.

Phlebotomist Instructions

Heavy Metals Test - Whole Blood* requires a minimum of 2 mL whole blood.

- Draw blood into the provided tube. Fill completely.
- Invert specimen 10 times to ensure mixing.

* If unable to ship the same day of collection, refrigerate until ready to ship.

Phlebotomist Instructions, continued

Heavy Metals Test – Red Blood Cell* requires 2 mL packed red blood cells per vial. Two (2) vials are required for this test.

- Draw blood into the provided tubes. Fill completely.
- Invert specimen 10 times to ensure mixing.
- Within 30 minutes of blood draw, centrifuge tubes for 15 minutes at a minimum of 1500g.
- Immediately after centrifuging, remove the caps from the tubes. Using the provided pipette, remove and discard all the plasma, including the white buffy layer.
- Tightly reseal the caps.

* If unable to ship the same day of collection, refrigerate until ready to ship.

Preparing the Package

1 Retrieve the packaging materials included in the test kit.
Ensure each vial has the completed barcode sticker.

2 Place all vials in the vial sleeves.



3 Place sealed vial sleeve in the clear biohazard zip-lock bag.
Insert frozen gel pack (if included) into clear biohazard zip-lock bag.



4

Place biohazard bag into the silver thermo bag.



5

Place the filled silver thermo bag into the Test Kit Box. If using the Test Requisition Form, also place in the box. Close the lid. Locate the shipping instructions card included in the test kit for details on how to ship your collection(s).



What's Next?

Your test results will be delivered to your doctor or health advisor generally within two weeks after being received at Mosaic Diagnostics labs.

It will be up to your doctor or practitioner to review the results with you, identify any areas of interest or concern, and work with you to lay out the appropriate next steps.

For questions about test outcomes or their implications for your health, please speak with your doctor or health and wellness advisor. Mosaic Diagnostics personnel cannot discuss test results directly with test patients or their family members.

Any Questions?

If you have questions about any aspect of the specimen collection or shipping process, please feel free to contact us:



Phone | our friendly customer service team is available Monday through Friday 8am-5pm CST at 800-288-0383



Email | CustomerService@MosaicDX.com



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