



******Collection/Shipping Instructions******

Specimens must be shipped via Fed-Ex the SAME DAY blood is drawn
Check with Fed-Ex prior to draw for express delivery cutoff times

1. Fill out CSS Requisition Form.
2. Collect venous blood by venipuncture using blue vials provided (3.8% Sodium Citrate, 4.5ml draw).
3. **Label each vial with the patients name and time/date of collection.**
4. Immediately invert the vials several times to ensure proper mixing. **(DO NOT SHAKE)**
5. Place all vials into the slots of the foam sleeves.
6. Place both foam sleeves into biohazard specimen bag.
7. Place Requisition form into front pouch of specimen bag.
The CSS Requisition form must be returned to our lab.
8. Place specimen bag with vials and requisition into silver insulated bag, seal bag. (In temperatures 78 degrees or greater place ice pack into insulated bag).
9. Place insulated bag into box provided.
10. Complete airbill attached to the FedEx envelope provided.
11. Place specimen box into the pre-paid FedEx envelope and seal tightly.
12. **Call Fed-Ex for same day pickup [800-463-3339](tel:800-463-3339) or bring to Federal Express location. No Drop Box.**



**To avoid unnecessary redraw charges due to improper shipping, please take note of the following:
All specimens must be shipped the same day as blood collection**

- **Proper shipping kits must be used (there are 2 different ALCAT collection kits)**
 - **Monday –Thursday & Saturday Collection- Standard Kit**
 - **Friday Shipment- Friday Shipment ONLY Kit**

****ALL SPECIMENS MUST BE RECEIVED BY OUR LABORATORY THE DAY AFTER BLOOD IS DRAWN****

If you have any questions, please call us at 1-800-US-ALCAT (1-800-872-5228)



Important Medication Information

- **Daily Medications:** Taken on a regular basis are acceptable
 - **Examples:** Medications for hypertension, asthma, heart disease, 5-10 mgs of Prednisone for chronic arthritis, IBS, etc.
- **Weekly Medications:**
 - **Examples:** Methotrexate, etc.
Have blood draw the day before or morning of next therapy
- **Short-Course Dose Medications:**
 - **Example:** Medrol dos pac.
Have patient complete medication and wait 5 days before blood draw
- **High dosages of Vitamin C:** (reduce to 2500mg per day for 3 days)
- **Antihistamines:** Stop 3-5 days before blood draw
- **Antibiotics: (Bacterial or Viral Infection)** Wait for acute symptoms to abate
- **Dental Antibiotic Prophylaxis:** Can draw blood anytime
- **Anticoagulants:** (Call for details)

Note: Medications or Supplements

- **If early AM draw, take medications or supplements directly after blood draw**
- **If medications or supplements have been taken- wait 3 hours before blood draw**

If you have any further questions regarding drug interactions and the ALCAT Test, please contact us by calling 800-872-5228 for additional details.

***PLEASE CONSULT WITH YOUR PHYSICIAN BEFORE STOPPING
OR REDUCING ANY MEDICATIONS**

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