



FDX - Blood Test Instructions

Thank you for your order.

Please read this guidance leaflet before planning any arrangements.

Should you have any questions, please contact us in advance of your blood draw. For contact details, please see overleaf.

Please note, your Requisition Form MUST be included with your samples. If this form is not received, your samples cannot be processed.

Patient Information

When should I book my test?

Arrange for your blood to be drawn and sent to us (or collected by a courier) **Monday to Thursday** only. Please ensure the next working day is not a bank holiday or a weekend in the UK or Ireland. This will help to prevent delays and invalidation of your blood samples.

How do I prepare for my test?

- **Do not eat** for 12 hours before your blood test.
- **Drink plenty of water** before your blood test.
- **Do not stop any medications** without checking with your healthcare professional beforehand.
- Ideally, **stop supplementation 24-48** hours before your test, but not without prior guidance from your healthcare practitioner.
- **Avoid intense exercise for 24-48** hours before your test

Where can I take my test?

- You can choose any location you like to collect (draw) your blood, but they must have a **centrifuge** on-site as part of the blood separation process
- To find the most convenient location for you please visit:
<https://functionaldx.com/blood-draw-location/>

When do I make my payments?

- You **MUST** pay your practitioner for your test in advance.
- Blood draw payments must be made directly to the clinic you attend.

How do I get my Requisition Form?

- An automated copy will be sent to **your mailbox** once the payment is completed. Please check your spam folder if not received.
- You should also receive a copy from **your healthcare professional**.
- For your convenience, a further copy is **included with your kit**.
- If necessary, please contact us to request a copy.

Your Requisition Form MUST be included with your samples. If this form is not received, your samples cannot be processed, and an admin fee of £25 will be applied.

Your order is valid for 90 days from the day payment is received. All your test samples must be submitted to the lab within this period. For full details, please see our Terms & Conditions on the website <https://functionaldx.com/terms-conditions-2/>

Phlebotomist Instructions

What's in your test kit?

- 1 x Light blue top tube – Citrate
- 2 – 3 x Gold top tubes – SST/Gel*
- 1 – 3 x Purple top tube/s – EDTA*
- 1 x Grey top tube – Fluoride Oxalate
- 1 – 2 x White top tube/s – Aliquot*
- 1 x Pipette
- 1 x Biohazard self-seal bag and absorbent pad
- 1 x Security seal label
- 1 x Instruction Sheet for Patient & Phlebotomist
- 1 x Patient Requisition Form
- 1 x Self-addressed, return shipping box

*test dependent

Blood Draw with Centrifuge

- **Check** the **Patient Requisition Form** matches your patient's personal details
- **All tubes MUST be filled to the indicator lines at the top** (grey 2ml tube, to mid-line only)
- **Draw all tubes** in the order below. **Gently inverting** all tubes as you proceed, as indicated by the number in the brackets:
 1. Light blue top tube – Citrate (3 - 4 times)
 2. Gold top tubes – SST / Gel (5 - 7 times)
(2 x tubes MUST be centrifuged & aliquoted, see detailed process* below)

*Centrifuge Process for Gold Top SST / Gel Tubes

- i. Draw two Gold Top SST tubes to the top, gently invert 5 - 7 times and rest for 15 minutes
- ii. Centrifuge two Gold Top SST tubes for 15 minutes at 3000 to 3500 RPM
- iii. Remove the serum from BOTH Gold Top SST tubes using the pipette
- iv. Fill the Aliquot tube/s with all the removed serum and close securely
- v. Discard both used Gold Top SST tubes

3. Purple top tubes – EDTA (8 - 10 times)
 4. Grey top tube – Fluoride Oxalate (8 - 10 times)
- **Complete all tube labels** with the patient's **full name**, date of birth and date of the draw

Packing Checklist

- Place** all completed tubes (primary packaging) in the Biohazard bag (secondary packaging) and seal securely, then place back in the original shipping box (outer packaging)
- Phlebotomist to fill in the blood draw details** on the Patient's Requisition Form
- Client MUST sign and date** the Requisition Form, then place it in the self-addressed return box
- Seal** the box with the security label provided and hand to the client for posting

Blood samples must be posted on the same day as the blood draw

Shipping Instructions

Your kit box (outer packaging) is already addressed. This label contains the destination address for your blood samples at:

FunctionalDX Lab
c/o Medical Diagnosis Ltd
Unit 12
Central Business Centre
Iron Bridge Close
London
NW10 0UR

Please fill in your full sender address in the allocated space at the back of your returned kit box.

Keep the UN3373 Diamond Hazard Warning Logo clear at all times.

Please ensure your samples are shipped on the same day as the blood draw, to reach us by the next working day.

Due to COVID-19, please take your completed kit to the post office (Monday to Thursday only) and purchase a

Royal Mail Special Delivery Guaranteed by 1 pm*

(this enables delivery to the lab by the next working day).

Please ensure the next working day is not a bank holiday or a weekend in the UK or Ireland.

*For more information, visit www.royalmail.com/sending/uk/special-delivery-guaranteed-1pm

To enable tracking of your blood samples in transit, please record your tracking reference number, which can be found on the shipping receipt.

Failure to prepare in advance may affect your blood collection and therefore your blood samples.

For assistance, please contact our Logistics Team

Tel: 0203 995 4202 (Ext. 2)

Email: logistics@functionaldx.com

Monday - Thursday 9 am - 4 pm

Friday 9 am - 12 pm