



# 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.

## Where can I take my test?

- You can choose any location you like to collect (draw) your blood.
- 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 test 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 120 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?

- 2 x Gold top tubes – SST/Gel
  - 2 x Purple top tubes – EDTA
  - 1 x Grey top tube – Fluoride Oxalate
  - 1 x Biohazard self-seal bag with an 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
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## Blood Draw - Non-Centrifuged

- **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 the indicator line in the middle)
  - **Draw all tubes** in the order below. **Gently inverting** all tubes as you proceed, as indicated by the number in the brackets:
    1. Gold top tubes – SST / Gel (5 - 7 times)
    2. Purple top tubes – EDTA (8 - 10 times)
    3. 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
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## 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 collected and 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 arrange for 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](http://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 your 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](mailto:logistics@functionaldx.com)

Monday - Thursday 9 am - 4 pm

Friday 9 am - 12 pm