

DOMESTIC FRAT® Specimen Preparation (Please read in full before performing blood draw)

1 Included in the Kit:

- 1—Styrofoam container
- 1—Ice Pack
- 2—Serum Separator Tube blood vials (SST – red and grey top tubes)
- 1—Plastic Biohazard specimen bag
- 1—Absorbent sheet
- 1—FedEx Clinical Pak

- 1—Outer Corrugated Mailer Box
- 1—Blood Specimen Collection & FRAT® kit shipping instructions (this sheet)
- 1—FRAT® laboratory requisition form (TRF)
- 1—FedEx Billable stamp return label

2 Also needed, but NOT included in the kit:

- 1—Ultra/Fine-Tip Pointed Permanent Marker e.g., Sharpie (Black or Red preferred) or a label maker to add label to collection tubes

3 Specimen Collection and Shipping Instructions:

BEFORE specimen collection

1. Before drawing specimen(s):

- **STOP** all Folinic Acid or 5-MTHF supplements **48 HOURS** prior to blood draw
- **Provide** these instructions to the phlebotomist who will be collecting the blood specimen
 - Note: Phlebotomy charges are separate and are not related to the costs of the FRAT® kit.

2. Preparation (Day Before Specimen Collection):

- Remove the ice pack from the bottom Styrofoam chamber and lay flat in freezer
 - Must be frozen prior to shipping specimen(s) back
 - **DO NOT** freeze SST tubes or the entire kit

3. Instructions for FRAT® Test Requisition Form (TRF):

- Specimen Information and Facility Information Sections on TRF:
 - The following details must be filled out by the collecting phlebotomist:
 - Date Specimen Collected and Phlebotomist/Provider Initials
 - Located at the top of the TRF labeled 'Phlebotomist/Provider' Use Only
- Patient Information Section on TRF:
 - If patient is under 18, the responsible party section is required
 - Include first and last name of responsible party and relationship to patient (bottom of the TRF near patient consent)
- Payment Information Section on TRF:
 - Please provide an email address where our billing department can reach the patient/responsible party, if necessary, for payment processing (Julie.stanford@religendx.com – Billing Director)
- Patient Consent and Authorization Section on TRF:
 - Either patient or responsible party must sign and date the consent at the bottom of the TRF.
 - Without this consent, your specimen test results cannot be reported.

4. Shipping requirements to be aware of before blood draw:

- Speak with a local FedEx representative to schedule **same-day shipping**
- The return label included with your test kit is for **overnight** delivery to our lab – confirm transit time when dropping off
 - The lab cannot receive deliveries on weekends or holidays
 - A late drop-off could cause a delay in shipment and result in specimen rejection
 - If shipment is delayed and/or transit time exceeds 3 days, the specimen(s) will be rejected

DURING specimen collection

1. Label tubes

- Place a pre-printed label or write (with permanent marker) the following details on the tubes:
 - Patient First Name, Last Name, Date of Birth and date of blood draw. Let dry. If the name is too long, write first initial and last name.

2. Draw Blood

- Draw a **minimum of 3-4 ml** of serum into the provided Serum Separator Tubes (SST) (7-8 ml of blood)
 - **DO NOT USE BLOOD COLLECTION TUBES WITH ADDITIVES**

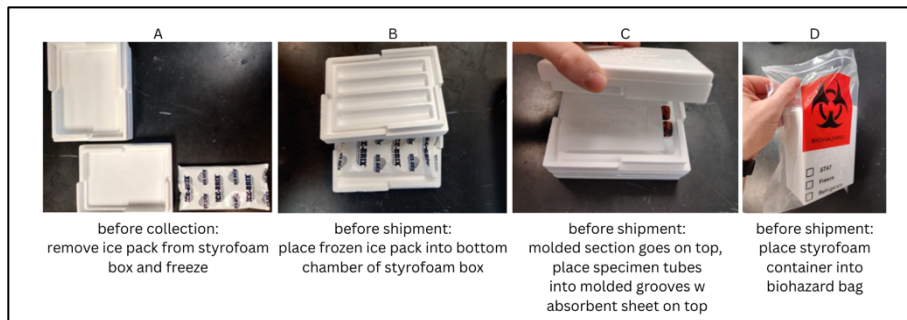


3. Invert SST

- Gently invert Serum Separator Tube (SST) several times
- Allow serum to clot at room temperature for 30-60 minutes and separate red cells from serum by centrifugation

4. Transfer

- Centrifuge is available:
 - Transfer serum to a clean polypropylene tube (not included in kit) with a secured cap, labeled with patient first and last name and date of birth OR leave the specimen in the SST tube (see below)
 - Note: polypropylene tube may be available with the phlebotomist
 - We **DO NOT** accept hemolyzed serum (when it is red)
- Centrifuge is **NOT** available:
 - Collect blood into Serum Separator Tube (SST)
 - Allow serum to clot at room temperature for 30-60 minutes
 - **DO NOT** freeze whole blood specimen(s) prior to shipping



AFTER specimen collection

1. Before Shipping Specimen(s):

- Ensure that your ice packs are frozen
- We recommend shipping specimen(s) the same day as collection
 - Storing Specimen(s) until Shipping
 - If shipping specimen as serum in a polypropylene tube, freeze (-20°C) until packaged for shipment
 - If shipping specimen in Serum Separator Tube (SST), refrigerate (4°C) until packaged for shipment
(DO NOT FREEZE SST TUBES)

2. Day of Shipment: video instructions available using QR code below

- Place **FROZEN** ice pack into bottom of the Styrofoam chamber
- Fit the middle, molded section on top
- Place specimen tubes into the molded grooves in the middle section
- Center the absorbent sheet on top of the specimen tubes
- Place the Styrofoam lid on top and ensure the lid is fitted securely
- Place the Styrofoam container into the plastic biohazard bag and seal to prevent leakage
- Place **COMPLETED** FRAT® laboratory test requisition form (TRF) into the outer pouch of the plastic biohazard bag
 - **DO NOT** place the TRF inside the ziplocked section of the bag
- Place packaged plastic biohazard bag in the outer corrugated mailer box
- Place packaged corrugated mailer box in FedEx Clinical Pak and attach billable stamp return shipping label
 - Be sure to check option on FedEx Clinical Pak – 'EXEMPT HUMAN SPECIMEN'
- Alert carrier for pick-up or drop-off at FedEx

Specimen shipment - Monday to Thursday ONLY

DO NOT ship the day before a Holiday

DO NOT ship from Walgreens

FRAT® reporting takes approximately 4 weeks from the date the specimen is received

If you have any questions, please call 610-441-9050 or email info@fratnow.com

