



#### **Test Instruction Queries:**

**Patients:** Please contact your **Practitioner**.

**Practitioners:** Please contact FxMed if you have any technical queries .

## **ZONULIN Profile Instructions**

*A list of labs where blood draws can be done are included in this kit*

**Lab Staff: Any questions regarding the draw, please call FxMed 0800 439 633.**

**To help us process this Zonulin test without delay, please read and follow these instructions before shipping the specimens:**

Please check the Collection Kit Contents (please note collection tubes have an expiry date):

- 1 x Red-top blood collection vial for serum
- 1 x 8ml serum transfer vial with white cap
- 1 x Plastic transfer pipette
- 1 x Zip lock bag with Absorbent Pad
- 1 x Polar Gel Pack
- 1 x Bubble wrap
- 1 x Pre-paid Courier Bag
- 1 x Test Requisition form
- Please save the cardboard contents box, this will be used to ship samples back to FxMed.

**NB: Patient needs to wait for the sample as it has to be frozen, along with the gel pack before sending to FxMed.**

Take all components of the kit to your local blood collection centre. Fill out the Test Requisition form confirming Test selection along with your personal details and payment details. Ensure Practitioner name/ Clinic name on form.

Specimen Requirements: **Serum**. Please provide the quantity of serum as requested on the test requisition form.

#### **Collection Instructions**

1. Technician Specimen Requirements: Label all tubes with **Patient's Name, DOB and Collection Date**. (Must be exactly the same as the Requisition form).
2. Draw blood into the supplied red-top vial.
3. Place the vial upright and allow the blood to clot for at least 15 minutes.
4. Centrifuge for 15 minutes (within 2 hours of collection) and then transfer the serum into the 8ml transfer vial using the transfer pipette.

5. Place the 8 ml transfer vial and the Polar Gel Pack into the zip-lock bag with the absorbent pad, seal and return to patient. **Patient:** Place zip-lock bag (and it's contents) into your freezer for a minimum of 6 hours.

6. Retrieve Zip-lock bag from freezer and place into cardboard box. Fill out the test requisition form completely and place in cardboard box with sample. **The test cannot be performed without a properly filled out requisition.**

7. Place cardboard box into the Courier bag - If sample cannot be shipped same day, keep sample and gel pack in freezer until able to ship. **Ideally; Have the blood drawn on a Monday, freeze overnight and send to FxMed Tuesday morning.**

8. Please phone NZ Couriers on 0800 800 841. Tell the operator you have a "Pre Paid Pickup" and give your location. **Please make sure to keep the tracking number for future reference.**

### **Diet & Medications**

- 1) There is no need to fast or discontinue any supplements or medication for this test. This test should not be performed on patients currently on a gluten-free diet (GFD), unless used to monitor long-term GFD compliance, or as otherwise directed by your healthcare practitioner.

***Never discontinue prescription medications without first contacting your healthcare practitioner.***

### **Christchurch Area - Canterbury SCL**

Please note -

- 1) Due to courier pick-up - Blood draw cut off times are one (1) hour prior to closing. (Please see Collection Centres Form for opening hours)
- 2) **Rangiora** collection centre has centrifuge available **Mondays and Tuesdays** only.