

## Shipping Preparation

### When to schedule your shipment

- Ship your sample as soon as possible. Preferably within 24 hours of collection. Important: Ensure that your samples have been in the freezer for a minimum of two hours prior to shipping. If you are not able to ship your sample on the same day as collection, please leave the sample in the freezer until you are ready to ship.

### When you are ready to ship

- Ensure that you have provided the following information:
  - Personal Information Form: make sure the form is completed.
  - Pro-forma/Commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
  - Retrieve the bio-hazard bags containing your samples and gel freezer packs from the freezer.
  - Place the bio-hazard bags into the supplied box, along with the completed Personal Information Form.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).



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## OMX Urine & Plasma

ENG

## Welcome To Your Test Kit

You have chosen to do a OMX Urine & Plasma Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit, you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

### Important

Please note that the blood draw procedure for this test needs to be carried out by a doctor or phlebotomist. Please read the Shipping Preparation and Shipping Instruction thoroughly before booking a blood draw appointment.

## Check Your Kit

### Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 2 x Gel freezer packs
- 1 x Personal Information Form
- 1 x Shipping Instruction
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Commercial Invoices (**these are only included if you are shipping from a non-EU country**)

### Urine Collection Materials

- 1 x Urine collection cup with lid
- 1 x Bio-hazard bag
- 1 x Absorbent pad

### Blood Collection Materials

- 1 x Screw top vial
- 1 x ACD Vacutainer (yellow-top) tube
- 1 x Pipette
- 1 x Bio-hazard bag
- 1 x Absorbent pad

If any items are missing or expired, please call +44 (0)1580 201687 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu).

**Please note:** if the collection instructions are not followed carefully, it may lead to delay in the results or recollection which will involve further costs.

## Preparation

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

### When to schedule your shipment

- The urine sample of this test is to be collected from your first morning urine. Ensure it has been at least six hours since you emptied your bladder. You must then freeze your urine sample for a minimum of two hours and take it along to your blood draw appointment so that you can ship both samples together.
- Book your blood draw appointment on a Monday or Tuesday before 2pm as the sample must arrive at the laboratory on a working day.
- You must make the doctor or phlebotomist aware of the Shipping Preparation and Shipping Instruction included with this test and ensure that they have the correct centrifuging/freezing facilities for your sample when booking your appointment.
- On the day of your blood draw, and before attending your appointment, please call the shipping company (see Shipping Instruction) before 2pm to arrange for a courier to collect your sample from the address of your doctor or phlebotomist for the day after your appointment, as your sample needs to be frozen for a minimum of 2 hours.
- The shipping company have a 3-hour time frame to make the pick-up, please tell them that your package needs to be collected before 5pm.

### Prior to Blood draw

- You must fast for eight hours prior to your blood draw. Sample must only be shipped Monday to wednesday by overnight service. Samples not shipped on the same day as collection must have the plasma immediately frozen until ready to ship.

### Prior to urine collection

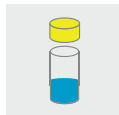
- Prior to bed the night before collecting your sample, empty your bladder and discard the urine down the toilet. DO NOT collect this urine.
- Avoid consuming fruits, jams, and jellies for 48 hours prior to collecting your sample
- Never discontinue prescription medications without first consulting your physician.

## Urine Collection Procedure



### Step 1:

Write your name, date of birth and collection date on the urine collection cup with lid using a permanent marker pen. Also note date of collection on the Personal Information Form.



### Step 2:

Upon waking, collect your first morning urine into the urine collection cup with lid. Urinate directly into the cup. Please ensure that you collect at least 15 ml of urine (minimum) and no more than 50ml.



### Step 3:

Screw the lid tightly onto the urine collection cup. The lid is fully closed when TWO CLICKS are heard whilst closing the lid. If two clicks are not heard, open and re-close the lid until the two clicks are heard. The lid must be closed properly, any samples that have leaked in the bio-hazard bag will be rejected upon arrival to the laboratory.



### Step 4:

Place the urine collection cup with lid containing your sample into the bio-hazard bag and seal.



### Step 5:

Place the bio-hazard bag containing the sample into the freezer until ready to ship. You must allow urine to freeze for a minimum of two hours prior to shipping.

## Blood Draw Collection Procedure

**Important:** The blood draw procedure below is for professional use only i.e. the information is for the doctor or phlebotomist on how to take the sample. Patients must not try to take the sample themselves.



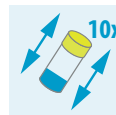
### Step 1:

Write the patient's full name and date of birth on the screw top vial label with a permanent marker pen. Also note the date and time of the collection on the Personal Information Form. **Important:** To ensure accurate test results the requested information must be provided.



### Step 2:

Perform blood draw into yellow-top vacutainer.



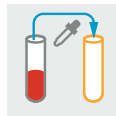
### Step 3

Gently mix by inversion 10 times. DO NOT shake.



### Step 4

Centrifuge the yellow-top tube at 1,000 xg for 10 minutes at room temperature (20-25°C).



### Step 5:

After centrifuging, use the transfer pipette to transfer at least 1ml of plasma into the screw top vial. Take care not to collect the buffy coat or RBC fractions with the plasma by collecting only the upper portion of the plasma fraction. Plasma MUST be removed from the vacutainer within 2 hours after collection. Hemolyzed samples will be rejected upon arrival at the lab.



### Step 6:

Secure cap tightly on screw top vial and place into bio-hazard bag along with two gel freezer packs. **IMPORTANT:** Ensure that the plasma sample is sandwiched between two gel freezer packs inside the bio-hazard bag before freezing and shipping.



### Step 7:

Place the bio-hazard bag containing your plasma sample and gel freezer packs into the freezer along with the other bio-hazard bag containing the frozen urine sample. You must allow a minimum of two hours in the freezer prior to shipping all samples.



### Step 8:

When ready to ship, place both bio-hazard bags containing the samples and gel freezer packs into the box along with the completed Personal Information Form.