








# SPECIMEN COLLECTION & HANDLING

For blood draw centers, please check our website at <https://www.vibrant-america.com/blood-draw-center/>.

Please draw and process tubes in the following order:



COLLECTION TUBES	TESTS	INSTRUCTIONS
 <p><b>SCT</b>-BD Vacutainer™, Buff. Na Citrate 2.7 mL tube (light blue top)</p>	<p><b>VA Tests:</b> Fibrinogen</p> <p><b>VW Tests:</b> None</p>	<ul style="list-style-type: none"> <li>• Draw 1st</li> <li>• Fasting: Not required</li> <li>• Processing: Completely fill the tube with blood and gently invert the sample at least six times to mix adequately.</li> <li>• <b>DO NOT CENTRIFUGE.</b></li> <li>• <b>*MUST BE RECEIVED WITHIN 24 HOURS OF COLLECTION</b></li> </ul>
 <p><b>SST</b>-GBO 7.0mL SST (Red Cap-Yellow Ring)</p>	<p><b>VA Tests:</b> All, except those listed with other tubes below.</p> <p><b>VW Tests:</b> All Zoomer tests (except Gut Zoomer), Food Sensitivity, Complete Food Profile, IBSSure, Total Immunoglobulins, Tickborne, Neural Zoomer Plus, Fungal Antibodies, Egg Component, Peanut Component, Dairy Component, Micronutrient</p>	<ul style="list-style-type: none"> <li>• Draw 2nd</li> <li>• Fasting: Recommend 10–12 hours (for VA tests only)</li> <li>• Processing: Gently invert tube 8-10 times to mix adequately. Allow to clot standing upright in tube rack for 30 minutes. Place tube in centrifuge.</li> <li>• Centrifuge: 3300 RPM for 20 min <b>*must be spun within 2 hours of draw</b></li> </ul>
 <p><b>Plasma</b>-BD 3.0 mL Plasma Separator (Light Green) &amp; Transfer Tube (Clear)</p>	<p><b>VA Tests:</b> Myeloperoxidase (MPO)</p> <p><b>VW Tests:</b> None</p>	<ul style="list-style-type: none"> <li>• Draw 3rd</li> <li>• Fasting: Not required</li> <li>• Processing: Gently invert plasma separator tube 8-10 times to mix adequately. Centrifuge tube. Pour off plasma into transfer tube.</li> <li>• NOTE: Transfer tube must be labeled as “plasma,” along with TWO patient identifiers.</li> <li>• Centrifuge: 3300 RPM for 15 mins <b>*must be spun within 2 hours of draw</b></li> </ul>
 <p><b>MN</b>-BD Vacutainer™ Trace Element Silicone Coated SERUM 6mL Tube (Blue Top) &amp; <b>TES</b>-Sarstedt™ Metal Free 6mL Transfer Tube</p>	<p><b>VA Tests:</b> Micronutrient</p> <p><b>VW Tests:</b> None</p>	<ul style="list-style-type: none"> <li>• Draw 4th. <b>TWO tubes are required for Micronutrient.</b></li> <li>• Processing: Gently invert 8-10 times RIGHT AFTER DRAW to mix adequately. Let sit at room temperature for 30 minutes. IMMEDIATELY centrifuge after 30 minute wait.</li> <li>• Centrifuge: 3300 RPM for 15 minutes.</li> <li>• IMMEDIATELY remove blue top from tubes and transfer serum to the clear transport tube with a PIPETTE. Minimum 3-4mL serum is required (atleast half the transfer tube).</li> <li>• DO NOT transfer whole blood on bottom of tube.</li> <li>• Label transfer tube “TES” along with two patient identifiers. (Metal free transfer tube pictured must be used to ensure accurate results)</li> <li>• Recap blue top tubes and send with rest of sample.</li> </ul>
 <p><b>EDTA</b>-BD Vacutainer™ K2EDTA 4mL Tube (Lavender)</p>	<p><b>VA Tests:</b> Celiac Genetics, HbA1c, CBC w/ diff. and platelets, Reticulocytes, Immature Platelet Fraction, Vibrant Genetics, Micronutrient*, Omega Fatty Acids**</p> <p><b>VW Tests:</b> All Zoomer tests (except Gut Zoomer), Food Sensitivity, Complete Food Profile, Celiac Genetics, CardiaX, ApoE, Tickborne, Fungal Antibodies, Whole Blood Nutrient Profile</p>	<ul style="list-style-type: none"> <li>• Draw 5th</li> <li>• Fasting: Not required</li> <li>• Processing: Gently invert 8-10 times to mix adequately.</li> <li>• DO NOT CENTRIFUGE</li> <li>• Place all K2EDTAs into provided bubble bag and seal.</li> <li>• Place all K2EDTAs into <b>3 levels of insulation</b> with the provided bubble bags and seal. Tubes need to be insulated with 3 levels of bubble wrap to provide temperature stability during transport.</li> <li>• <b>*MICRONUTRIENT REQUIRES THREE LAVENDER TUBES.</b></li> <li>• <b>**OMEGA FATTY ACIDS REQUIRES ITS OWN LAVENDER TUBE.</b></li> </ul>
 <p><b>ESR</b>-ESR Vacuum Tube 1.2 mL (Black)</p>	<p><b>VA Tests:</b> Erythrocyte Sedimentation Rate (ESR)</p> <p><b>VW Tests:</b> None</p>	<ul style="list-style-type: none"> <li>• Draw 6th</li> <li>• Fasting: Not required</li> <li>• Processing: Must be filled exactly to line on bottom of tube label. Gently invert tube 8-10 times to mix blood adequately.</li> <li>• DO NOT CENTRIFUGE</li> <li>• <b>*Locations above 2500 ft. will need to use a high altitude tube (blue label), available by request, otherwise specimen will be underfilled and rejected.</b></li> </ul>
 <p><b>Urine</b>-VWR® Metal-Free Centrifuge Tube 15 mL</p>	<p><b>VA Tests:</b> Microalbumin, urine</p> <p><b>VW Tests:</b> None</p>	<ul style="list-style-type: none"> <li>• Fasting: Not required</li> <li>• Processing: Collect urine sample in a urine cup and transfer to urine tube, by hand or with transfer straw. Samples left in urine cup will NOT be accepted.</li> </ul>

## SHIPPING

- Draw samples Monday through Friday. We are open to receive samples on Saturday.
- We do not recommend drawing and shipping samples on Saturday, as we are closed on Sunday.
- Pre-freeze your ice packs at least 24 hours before use.
- To schedule a pick up, please contact FedEx at 800-463-3339.

## REJECTION CRITERIA

- Unlabeled or mislabeled tubes (must have 2 patient identifiers, e.g. full name and DOB, and match with Complete Order Summary, no nicknames or abbreviations).
- Delayed specimen shipping (must ship samples daily).
- Sample arrival at room temperature. Hemolytic, icteric, or overly lipemic samples (test-specific).
- Improperly processed tubes.

Need more supplies or have any questions? Please call Vibrant America Physician Services  
P: 866-364-0963 | F: 650-508-8262 | Email: [support@vibrant-america.com](mailto:support@vibrant-america.com)

# SPECIMEN ORDERING & SHIPPING



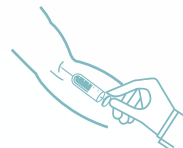
Please follow the instructions below to ensure proper sample processing.  
Any errors may result in sample rejection or delayed results.

1



Order is **REQUIRED** to be submitted through Provider Portal at [www.vibrant-america.com](http://www.vibrant-america.com). (Separate instructions apply when ordering online.)

2



Be sure to follow the draw order. Refer to opposite side (Specimen Collection & Handling) for specific drawing instructions

3



Must match exactly with what is on Complete Order Summary form. **\*Any missing or discrepant identifiers will result in sample rejection\***

4



Place processed tube(s) in the provided biohazard bag. Do not separate tubes into separate bags. Seal completely and ensure samples are secure. Place Complete Order Summary form in the back pocket of biohazard bag.

5

Place FROZEN ice pack(s) on the **BOTTOM** of the styrofoam cooler in your shipping box.

- 1 ice pack for small boxes
- 2 ice packs for medium boxes



6

Place sealed biohazard bag(s) on top of the ice pack(s)

- Max 1 bag in small box
- Max 5 bags in medium box



7

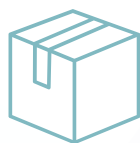
Place FROZEN ice pack(s) on **TOP** of sealed biohazard bags.

- 1 ice pack for small boxes (2 total in box)
- 2 ice packs for medium boxes (minimum 4 total in box)

**\*Additional ice packs recommended for hotter regions\***



8



Place styrofoam lid on cooler, fill out packing slip and seal up the shipping box. Ensure return label is adhered to box.

8



Please call FedEx to schedule a pickup at 800-463-3339 and say **'schedule a pickup'** when prompt. You will need the tracking number located on the shipping box.

**Thank you!**