



# Precision Athlete Bloods

## COLLECTION INSTRUCTIONS

Before proceeding, please read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.

### IMPORTANT PRE-COLLECTION INFORMATION

Collect this sample on a **Monday ONLY.\***

\*If you are female, please collect 7 days before menstruation. I.e. on day 21 (28 day cycle)/ day 19 (26 day cycle), day 23 (30 day cycle). If it's not possible to determine 7 days before menstruation, then you can also opt to do this test on day 3 of your cycle (where day 1 is the first day of menstrual bleeding). Just let us know which day you end up taking the test and we can apply the appropriate reference ranges to your results. If you are post-menopausal take on any day and provide this detail in your i-screen health profile.

It is recommended that you fast for a minimum of 8-10 hours prior to collection.

Ensure that you are well hydrated with **WATER ONLY** prior to collection.

Check that the patient information on the request form is correct.

The test request form that was provided by your healthcare practitioner must be returned with your specimen/s for analysis.

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service at [info@i-screen.ai](mailto:info@i-screen.ai)

2 x 8.5ml **SST (Gel) Vacutainer (yellow top)**

1 x **Na Hep Vacutainer (Dark Blue Top)**

1 x **EDTA (Purple)**

1 x Specimen Transport Bag with absorbent pad

1 x Collection Instructions

1 x i-screen Request Form

1 x Padded Envelope

### BLOOD COLLECTION LABORATORIES

i-Screen has a list of blood collection services across the UK. You will need to arrange an appointment with your nearest phlebotomist service that provides blood collection **AND CENTRIFUGE** to have blood sample collected on a **MONDAY ONLY**, (contact [bloodservices@mail.com](mailto:bloodservices@mail.com), or [info@i-screen.ai](mailto:info@i-screen.ai) for the latest options in your area). Please note there will be an additional fee payable to the phlebotomist on the day. Please post self-collected samples on the **same day** they are taken.

Please ensure you attend your appointment with lab request form and full kit, to show the nurse.



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### PATHOLOGY COLLECTION INSTRUCTIONS:

1. Confirm the patient has fasted for this test and note it down on the request form.



2. Prior to sample collection, all sample vacutainers must be labelled with:

- patient first name/surname
- date of birth
- time and date of collection

3. The pathology collector should collect ALL of the provided tubes within the i-screen kit (2 x SST gold, 1 x Na Hep (Dark BlueTop), 1 x EDTA (Purple). They should also collect their own tube for local testing as detailed on the request form.

4. The blood MUST be collected using the tubes provided inside this collection kit.

5. After sample collection, both SST samples MUST be centrifuged. The Na Hep and EDTA samples do not require centrifuging.

6. The pathology collector must hand all specimens collected using the vials provided in this kit over to the patient after they have been collected.

### Prior to shipping:

7. Ensure all Vacutainer lids are screwed on tightly so they do not leak in transit. Place the Vacutainer(s) into the specimen transport bag with absorbent pad.

8. Ensure that your test request form has been correctly filled out and all patient information is correctly stated. This includes full patient name, date of birth, residential address and telephone number. Once completed, place into the unsealed section of the specimen transport bag.

9. Place the specimen transport bag which contains the i-screen pathology request form and the samples into the padded envelope provided.

10. Post your samples on the same day via a Royal Mail Post Box or Post Office.



Thank you for choosing i-screen.  
Results will be released in your i-screen dashboard where ready.