

Shipping Preparation

When to schedule your shipment

- This test kit must be shipped on a Monday, Tuesday or Wednesday ONLY, and must not be stored for more than 24 hours.
- Ship your samples as soon as possible. If you cannot ship the samples the same day you complete the collection, such as over a weekend or holiday, keep the tubes at room temperature until you are ready to ship. Do not store for more than 24 hours.
- Schedule your shipment so that your samples will arrive to the laboratory on a working day, as we are closed over the weekend.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed, and that you have noted the date of collection along with any medication and supplements currently being taken.
 - Pro-forma invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the resealable bag containing your blood sample into the supplied box along with your completed Personal Information Form.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



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Welcome To Your Test Kit

You have chosen to do a Tickplex Plus 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.

Check Your Kit

Important:

This test requires a blood draw. 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.

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Plastic tube holder (**keep this for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**only included if you are shipping from a non-EU country**)

Collection Materials

Blood Collection Materials

- 1 x Serum Separator tube (SST)
- 1 x Re-sealable bag

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

Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection 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. Please also make a note of any medication or supplements currently being taken.

When to schedule your collection

- This test kit must be collected on a Monday or Tuesday ONLY and must be shipped on the same day as collection. If you are not able to ship on the Tuesday, you can ship on Wednesday, but no later.
- Book your blood draw appointment on a Monday or Tuesday ONLY, before 2pm as the samples 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 facilities for your samples 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 samples from the address of your doctor or phlebotomist.
- 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 Collection

- Never discontinue prescription medications without first consulting your physician.

Collection Instructions

Blood draw procedure

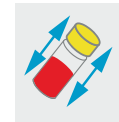
Important: The blood draw procedure is for professional use i.e. the information is for the doctor or phlebotomist on how to take the sample.



Step 1:
Prepare the patient for blood draw.



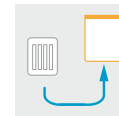
Step 2:
Draw blood into the SST tube.



Step 3:
Invert the SST tube five times to mix anti-coagulants with the blood. Do not spin or freeze blood.



Step 4:
Store the SST tube in an upright position for 30 minutes prior to placing into the plastic tube holder.



Step 5:
Place the plastic tube holder into the resealable bag and seal.