

## **NUTREVAL TESTING HELPFUL TIPS FOR A SUCCESSFUL SAMPLE**

- Take kit and urine collection cup home with you
- Make sure your requisition is COMPLETELY filled out in the patient information section. All info. MUST be complete, in case the laboratory needs to get ahold of you for any reason.
- When you get home, immediately place the freezer brick into the freezer (large block, located in the Styrofoam container in the box).
- Make sure you have a mobile phlebotomist or location that will do your draw for you and SHIP it out same day. Please see the Phlebotomy options sheet, if you need further help with this. It is important that you confirm that a lab location or phlebotomist can DO the draw. Often times you can have them do all your draw kits, if you have multiple draws, but ALWAYS confirm so they can be prepared with what they will need.
- Schedule blood draw in the morning since you need to fast overnight (8 hours)
- Collect urine in the provided collection cup when you wake up. If you wake up after midnight to urinate, collect and combine with first morning void.
- Follow the urine collection instructions provided inside the kit to transfer urine into vials provided.
- Place cold urine vials into the kit with the frozen brick (they do not have to be completely frozen). Bring to the blood draw.
- Detailed patient instructions and phlebotomist instructions are located inside kit.
- Patient video demonstration: <https://www.gdx.net/products/nutreval>.

Any questions, please call Genova Diagnostics Client Services: 1-800-522-4762