



## Welcome To Your Test Kit

You have chosen to do an IBS-Smart 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.

**Please read the instructions carefully and follow them step by step.** In this kit you will find all the material needed for your collection. 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).

## Check Your Kit

### Shipping Materials

- Box containing the collection kit (**keep box for returning your samples**)
- Plastic tube holder
- Shipping Instruction
- Personal Information Form
- Return shipping materials

### Collection Materials

- 1 x EDTA lavender-top tube
- 1 x Bio-hazard bag with 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 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.

### When to schedule your collection

- **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.
- Arrange to have your blood drawn on a Monday or Tuesday only. You need to ensure that your samples arrive to us on a working day.
- Arrange for the shipping courier to pick up samples the **same day** as blood draw collection (see Shipping Instructions), your samples must arrive to the laboratory within 48 hours.

### If you are taking any supplements

- Never discontinue prescription medications without first consulting your physician.

## BLOOD 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 patients name, the date and time of collection on EDTA tube.



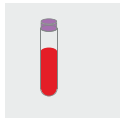
#### Step 2:

On the Personal Information Form, verify that the information is correct and edit if needed. Please ensure that you note the date and time of blood collection.



#### Step 3:

Draw blood into the lavender-top tube. You must collect at least 2ml of whole blood.



#### Step 4:

Blood collection and processing is now complete. Please leave the lavender tube at room temperature and ship on the same day as collection.

## Shipping Preparation

### When to schedule your shipment

- Ship your sample as soon as possible. Arrange for the shipping company to pick up your samples on the same day as your blood draw collection (Monday or Tuesday only). Your samples must arrive to the laboratory within 48 hours.
- If you are not able to ship on the same day as collection, keep the EDTA lavender-top tube at room temperature. DO NOT store for more than 24 hours.

### When you are ready to ship

- Ensure that you have provided the following information:
  - Personal Information Form: make sure the form is completed.
- Prepare your shipment:
  - Retrieve the lavender-top tube and place into the test tube holder, then place them into the bio-hazard bag and seal.
  - Place the bio-hazard bag containing your sample into the padded envelope and place into the box along with your completed Personal Information Form.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).