

Sending Your Sample

NOTE: Samples MUST be shipped at room temperature and received within 24 hours of collection.

1. Place the completed laboratory requisition(s) (RMA + LifeLabs) in the outside pocket of the resealable biohazard bag.
2. Place all tubes containing sample in resealable biohazard bag containing the absorbent material and seal.
3. Place the sealed resealable biohazard bag with the completed laboratory requisition(s) into kit box.
4. Place the closed kit box into the pre-paid return mailer, then seal the pre-paid return mailer.
5. Call FedEx at 1-800-463-3339 and request same day pick-up.

Getting Results - Sample report as shown

Code	Reference	Result	Reference Range	Units
WBC	4.0-11.0	10.5	4.0-11.0	10 ⁹ /L
HEM	120-160	145	120-160	g/L
PLT	150-400	250	150-400	10 ⁹ /L
RDW	11.5-14.5	13.5	11.5-14.5	%
MCV	80-100	100	80-100	fL
MPV	7.0-13.0	10.0	7.0-13.0	fL
PDW	0.10-0.16	0.15	0.10-0.16	fL
RDW-CV	11.5-14.5	13.5	11.5-14.5	%
PLT-CV	10-15	12	10-15	%
PLT-MP	10-15	12	10-15	%
PLT-MD	10-15	12	10-15	%
PLT-MN	10-15	12	10-15	%
PLT-MX	10-15	12	10-15	%
PLT-MO	10-15	12	10-15	%
PLT-MI	10-15	12	10-15	%
PLT-MJ	10-15	12	10-15	%
PLT-MK	10-15	12	10-15	%
PLT-ML	10-15	12	10-15	%
PLT-MN	10-15	12	10-15	%
PLT-MO	10-15	12	10-15	%
PLT-MI	10-15	12	10-15	%
PLT-MJ	10-15	12	10-15	%
PLT-MK	10-15	12	10-15	%
PLT-ML	10-15	12	10-15	%

Results will be sent to your healthcare professional approximately twenty-one (21) days after your sample has been received by Rocky Mountain Analytical. Note that the sample may take several days to arrive at the lab.

Please contact your healthcare professional if you have questions regarding your results.

Note: Rocky Mountain Analytical staff do not discuss test results with patients.

Patient Privacy

Privacy Statement: Your healthcare professional's stamp or signature on the requisition is our legal authority for analyzing your blood sample. The personal information you provide is necessary for us to provide a thorough analysis. This information will be stored confidentially and used only for the purpose of analyzing your specimen. Some aggregate data may be used for research purposes. If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical. info@rmlab.com | P: 403-241-4500 | F: 403-241-4501



Collection Instructions

Important: Read all instructions prior to collecting blood

Before You Begin

- Check contents of the kit. If anything is missing, please contact your healthcare professional.
- If sample is not collected at the laboratory (e.g. in-office), pre-book your FedEx pick-up the day before collection by calling 1-800-463-3339
- Sample must be shipped at room temperature and received at the laboratory within 24 hours of collection.
- A testing day must be booked prior to collecting blood. Please call 866.370.5227 to schedule your testing time.



Note: Test cannot be performed without a completed RMA requisition with your healthcare provider's signature and barcode label on the form, as well as completed collection site requisition where applicable. Please contact your healthcare provider if either is missing.

Kit Contents

- RMA requisition form
- Laboratory (collection site) requisition form (when applicable)
- Collection instructions
- 7 x 8.5 mL ACD vacutainers (yellow top) tubes in resealable biohazard bag (check expiry date)
- 1 x Large silver insulated envelope
- Pre-paid return mailer

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www.rmlab.com
A division of LifeLabs LP

How to Prepare

Booking your Testing

The MELISA test is only performed on **Wednesday, Thursday and Friday by appointment**. You must book and reserve your MELISA lab test date **before** you book your blood draw.

Call Customer Service at 1-866-370-5227 (8:00 am to 4:00 pm MST) to reserve your MELISA testing time.

Booking your blood collection

- Book your blood collection (with the collection laboratory of your choice) the day before your booked MELISA test
- Collection time must be before 10:00 am to ensure time for shipping.
- Your blood draw should occur only on a Tuesday, Wednesday or Thursday to comply with the testing days available.

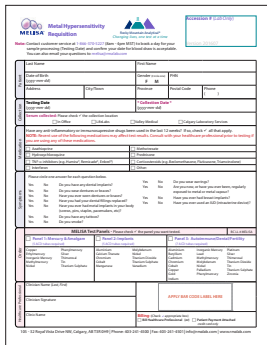
Note: The lab MUST be able to provide same day FedEx shipping and overnight delivery to the MELISA testing laboratory.

To book your FedEx pick-ups call 1-800-463-3339.

Lab Requisition

Check your requisition to ensure it includes your healthcare professional's signature and bar code label. If either are missing please contact your healthcare professional before sending us your sample.

Complete your requisition with the following:



The image shows a sample MELISA Requisition form. It includes fields for Patient Name, Date of Birth, Gender, Height, Weight, Hip Circumference, Waist Circumference, Cycle Information, Date and Time of Collection, and All Medication and Supplements. There are also checkboxes for various conditions and a section for the healthcare provider's signature and contact information.

- Legal name (first and last), address, telephone number(s) **Important: The name on your sample(s) and your requisition MUST match exactly**
- Date of Birth (yyyy-mm-dd)
- Gender, height, weight, hip and waist measurements
- Cycle information
- Date and time of collection (yyyy-mm-dd)
- All medication and supplements you are using as they may affect test results.

Sample Labeling

Use permanent ink ball point pens as other inks are water soluble (e.g. roller ball ink) and may wash off containers or smear.

Complete sample label with the following:

- Legal name (first and last) **Important: The name on your sample(s) and your requisition MUST match exactly**
- Date of birth (yyyy-mm-dd)
- Date and time of collection (yyyy-mm-dd)

Sample Collection

1. Collect the blood samples using the ACD vacutainer tubes provided in the kit.
Panel 1 & 2 requires 5 ACD tubes
Panel 3 requires 7 ACD tubes
2. Gently invert tubes after each collection 8-10 times to mix thoroughly.
3. Label the tubes with patients legal name and date of birth (yyyy-mm-dd).
Important: The name and date of birth on the sample(s) and the requisition must match exactly.
4. Record date and time of collection on the sample(s) and the requisition.
5. See Sending Your Sample