



EUROPEES LABORATORIUM  
VOOR NUTRIENTEN  
EUROPEAN LABORATORY  
OF NUTRIENTS

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HEALTH DIAGNOSTICS AND  
RESEARCH INSTITUTE

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## Instructions for: Methylation panel

### Contents kit

- Instruction sheet (document 453).
  - One EDTA tube (synthetic, 9 ml, lila top), containing preservative (labeled SAM/SAH)
  - One EDTA tube (synthetic, 9 ml, lila top), containing preservative (labeled: Folic acid metabolites)
  - One EDTA tube (synthetic, 9 ml, lila top), containing preservative (labeled GSH / Adenosine)
  - Two tube with cap to store EDTA plasma.
  - Ziplock bag (green Transposafe®) and returnlabel.
  - Liquid-proof safety bag (transparent Sealbag®) with sheet of absorbent material.
  - Return label
- Please get informed by courier about package / shipment

### Instructions

Store tubes in a refrigerator prior to draw.

Note on the requisition form when there is a disease of autistic, depression or allergy.

- Instruction for **SAM/SAH**:
  - Draw blood and immediately invert tube at least 5 times.
  - Label the tube with the patient name.
  - Drawn blood has to be stored in the refrigerator (4-6°C) within 2 minutes of venipuncture.Do not centrifuge!
- Instruction for **Folic acid metabolites**:
  - Draw blood and label the tube with the patient name.When shipment not the same day:
  - Centrifuge the tube for 5 minutes / 3000 rpm.
  - Transfer plasma into a plastic tube with cap. Label this tube with the patients name.
  - Store the tube with plasma in a freezer till shipment (-20°C). Preservable at least 1 week.
- Instruction for **GSH / Adenosine**:
  - Draw blood and label the tube with the patient name.When shipment not the same day:
  - Centrifuge the tube for 5 minutes / 3000 rpm.
  - Transfer plasma into a plastic tube with cap. Label this tube with the patients name.
  - Store the tube with plasma in a freezer till shipment (-20°C). Preservable at least 1 week.
- Ship overnight Monday thru Wednesday ONLY . Send sample(s) with a requestform and icepack to:

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