

Patient Information from



DISTRIBUTION GUIDE: RESTRICTIVE GUIDELINES – BLOOD

These tests require special preparation prior to test collection. Please check the test ordered for your patient.

Place ✓	TEST RESTRICTIONS
	<p>CATECHOLAMINE, FRACTIONATION, PLASMA An overnight fast (8-10 hours) is required. Patients should avoid alcohol, coffee, tea, tobacco and strenuous exercise prior to collection.</p>
	<p>CHROMIUM PLASMA Patient should refrain from taking herbal supplements, minerals or vitamins at least one week prior to specimen collection.</p>
	<p>CHROMOSOME ANALYSIS TESTING Chromosome analysis testing can be extremely expensive. The fee for this type of testing could be several hundred dollars per test. Most insurance companies do not cover the entire cost of the test. In some cases the insurance company refuses to pay any of the cost.</p> <p>Meadville Medical Center Laboratory suggests that you check with your insurance company prior to having this test performed. The patient will be responsible for the portion of the test that is not covered by insurance.</p>
	<p>COPPER, WHOLE BLOOD Patient should refrain from taking vitamins, minerals or herbal supplements at least one week prior to specimen collection.</p>
	<p>HEAVY METAL PANEL, BLOOD Patients should refrain from seafood, antacids, vitamins with mineral supplements, and herbal preparations at least 3 days before specimen collection.</p>
	<p>RENIN (PLASMA ACTIVITY), PLASMA Patient should refrain from taking medications preferably 3 weeks prior to collection and be on a moderate sodium diet during collection.</p>
	<p>SELENIUM, BLOOD Patient should refrain from taking vitamins or mineral supplements at least one week prior to specimen collection.</p>
	<p>ZINC, PLASMA</p>

	Patient should refrain from taking vitamins or mineral supplements at least three day prior to specimen collection.
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