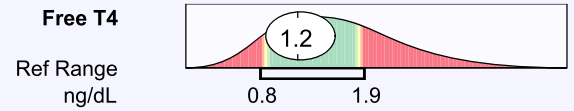
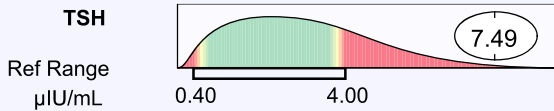


Patient: **SAMPLE**  
**PATIENT**

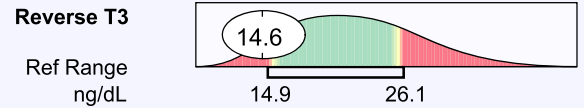
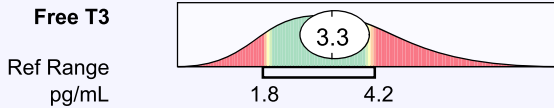
Age:  
Sex:  
MRN:

## Central Thyroid Regulation & Activity



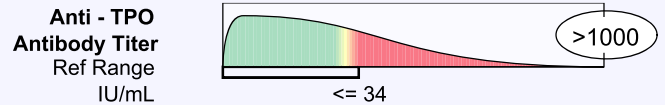
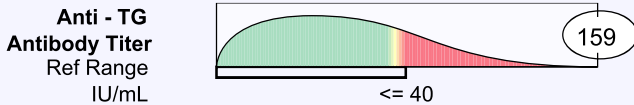
Histograms represent idealized data based upon large populations

## Peripheral Thyroid Function



Histograms represent idealized data based upon large populations

## Thyroid Auto Immunity



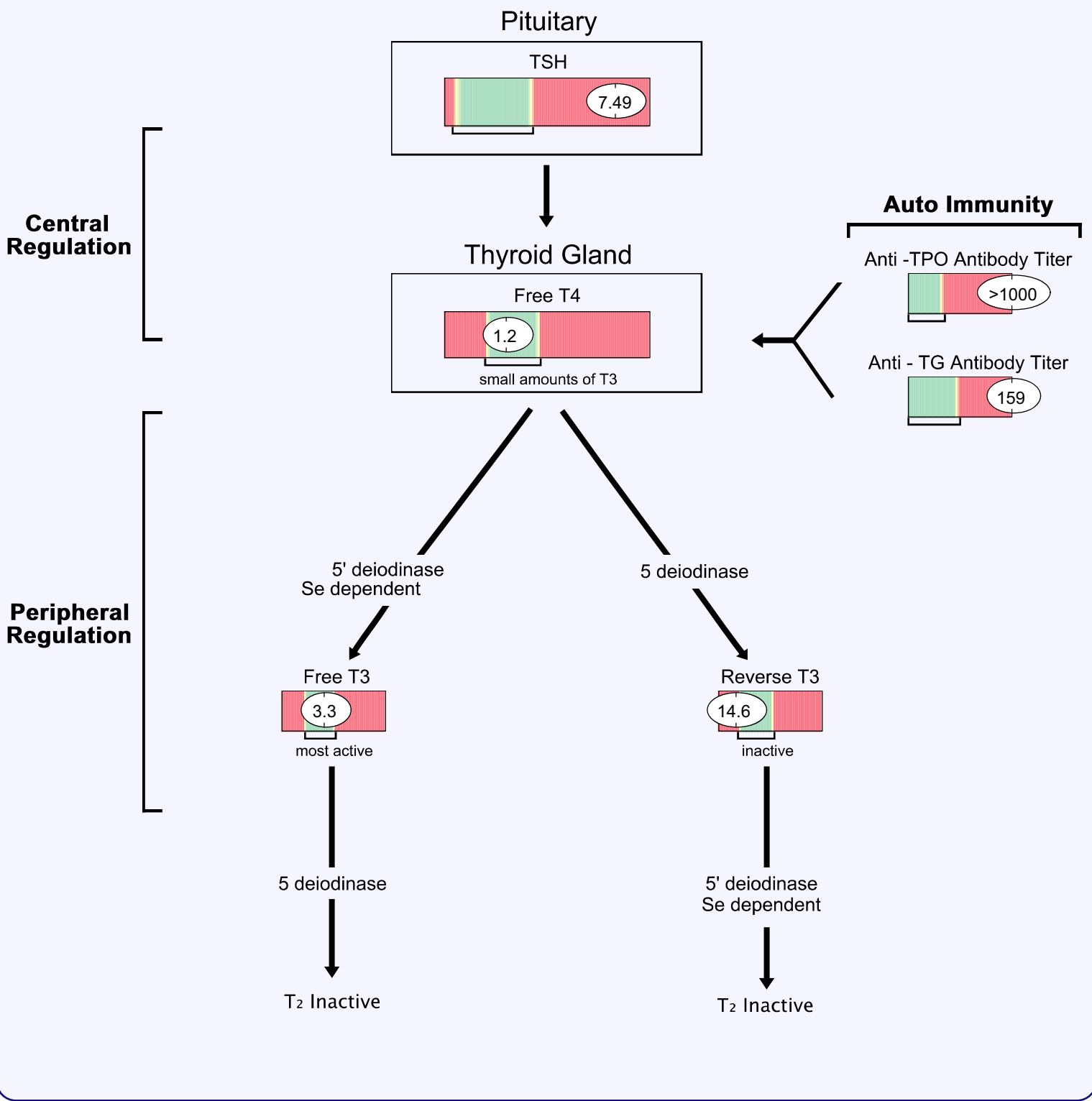
Histograms represent idealized data based upon large populations

The test for Reverse T3 has been developed and its performance characteristics determined by Genova Diagnostics, Inc. It has not been cleared or approved by the U.S. Food and Drug Administration

## Thyroid Metabolism Summary

Thyroid hormone production is centrally regulated (hypothalamus-pituitary-thyroid axis) but thyroxine (T4) from the thyroid gland is peripherally transformed in liver and kidney cells into T3 and reverse T3 (rT3). Ultimately, the site of action for thyroid hormones is at cell nuclei throughout the body, where T3 is five times as potent as T4, and rT3 is completely inert. Thyroid dysfunction may occur even when the hypothalamus-pituitary-thyroid axis is operating adequately. Problems with peripheral conversion (reflected by T3 and rT3 levels) and/or with immune system interference in the form of auto-antibodies (reflected by anti-thyroglobulin and anti-thyroidal peroxidase antibodies) may still affect thyroid hormone production or its action at the cellular level. Thus to achieve a comprehensive assessment of thyroid adequacy, central regulation, peripheral conversion, and auto-immune involvement must be thoroughly evaluated.

### Thyroid Metabolism at a Glance



# Step 3:

## Ship the specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- Plan to ship the specimen **Monday – Friday overnight delivery only**.
- Call 1.800.GoFedEx (1.800.463.3339) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package.” Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- **Make sure the tube is tightly closed and identified** with completed label. Seal the tube in the bubble wrap bag and put it into the Biohazard bag, and seal it securely.
- **Lay the Biohazard bag with specimen on top of the freezer brick** in the foam box. Secure the foam box lid with the rubber band.
- **Slide foam box back inside kit box** and place your **completed and signed requisition form** on top before closing. **Do NOT staple or tape box.**
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. **DO NOT mark or write in any other sections.**
- Put the kit box into the prepaid mailing envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.

## Comprehensive Thyroid Assessment Clinician Instructions for Serum Collection

IS-804



### Check Your Kit

- A - 1 SST serum collection tube
- B - 1 Transfer tube
- C - 1 Pipette
- D - 1 Biohazard bag and absorbent pad
- E - 1 Bubblewrap bag
- F - 1 Freezer brick
- G - 1 Foam insulator box
- H - 1 Rubber band
- I - 1 Requisition (to be completed and signed)
- J - 1 Prepaid mailing envelope

- If any items are missing or expired, call Client Services at 800.522.4762, then press 1
- Keep the kit box for shipping your specimen to the lab.

# Step 1:

## Schedule & Prepare for the blood draw

- Drugs that may interfere with test results include glucocorticoids (e.g., prednisone), dopamine, lithium, interferon-alpha, phenobarbital, phenytoin, heparin, clofibrate, carbamazepine, and colestipol. If you have questions, please consult a pharmacist or the PDR.
- **Contact FedEx and schedule to ship the specimen overnight delivery Monday - Friday. Sample MUST be stored frozen at least 2 hours before shipping.**
- **Freeze the enclosed freezer brick** a minimum of 8 hours before shipping.
- **Complete the requisition form** with all patient and billing information. Be sure it is signed by the patient/responsible party and the healthcare provider.

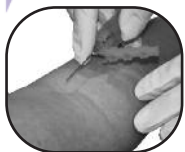
# Step 2:

## Blood Draw & Serum Preparation

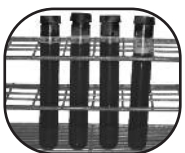
Not following these instructions may affect the test results.



- 1** Write the patient's full name and the time and date of collection on each tube.



- 2** Draw blood to fill the SST tube.



- 3** Allow the blood in the SST tube to **clot for 15 minutes** while standing in a rack.



- 4** **Centrifuge the tube for 15 minutes** at 3000 RPM.



- 5** **Transfer at least 3 ml of the serum** from the SST tube into the transfer tube using the pipette. Screw the top on the tube tightly to avoid leakage. Discard the SST tube.



- 6** **Freeze the transfer tubes immediately** in the bubble wrap bag. *Samples must be frozen a minimum of 2 hours prior to shipping.* Keep samples frozen until ready to ship.



- 7** **Complete the Requisition: Test cannot be processed without this information.**
  - Enter date in box labeled "Date Final Sample Collected."