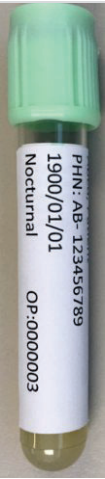

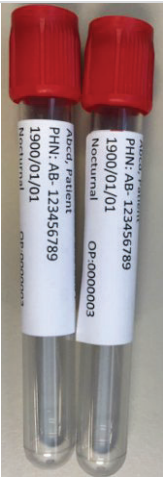
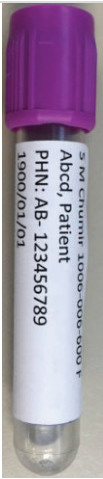
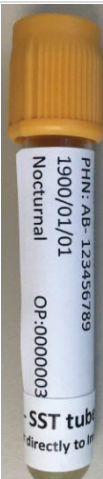
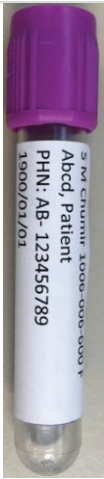


How to Collect a Home Hemodialysis – Self Collection

The following instructions are specific to Home Hemodialysis program patients who have been trained by Southern Alberta Renal Program staff.

How to prepare	To ensure accurate laboratory results carefully follow the instructions.
Tests approved for collection	Albumin, Alkaline Phosphatase (ALP), Calcium, Complete Blood Count (CBC), Creatinine, Glucose, Hemoglobin A1c (HbA1c), Iron, Magnesium, Phosphate, Parathyroid Hormone (PTH), Potassium, Sodium, Urea
Risks or cautions	<ul style="list-style-type: none"> Follow all instructions provided by your Home Hemodialysis nurse. Collect blood tubes in the correct order. Follow instructions for labeling, spinning, storing and transporting the blood tubes.
Lab requisition	<ul style="list-style-type: none"> Print the date and time blood was collected on each requisition. Write either “pre dialysis” or “post dialysis” on each requisition. Place a Self Collection Label (Figure 3) on the requisition if a gold top tube is collected. DO NOT add other laboratory tests to the requisition unless directed by Home Hemodialysis.

Figure 1: Blood Tube Information

<ul style="list-style-type: none"> Weekly pre dialysis Weekly post dialysis Monthly post dialysis Iron – your nurse will let you know when this needs to be drawn ALP 	<p>Monthly pre dialysis</p>	<p>Transplant pre dialysis - drawn the first week of January, April, July and October</p>	<p>CBC</p>	<p>PTH</p>	<p>Hemoglobin A1c (HbA1c)</p>
					
Mint Green	Lavender & Mint Green	Red	Lavender	Gold	Lavender

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<p>Collecting the specimen</p>	<ul style="list-style-type: none"> • Always collect tubes in this correct order: <ol style="list-style-type: none"> 1. Red top tube 2. Gold top tube 3. Mint green top tube 4. Lavender top tube • Make sure the tubes are completely filled. It is important to then gently turn upside down (do not shake) 8 – 10 times to mix the blood. <ul style="list-style-type: none"> ○ Leave the gold top tube at room temperature for 30 minutes then spin for 10 minutes. ○ Spin the mint green top tube right away for 10 minutes. ○ Do not spin the red top or lavender top tubes. • Store all blood tubes in refrigerator or cooler. Do not store on ice or in a freezer. 		
<p>Labelling the specimen</p>	<ul style="list-style-type: none"> • Improperly labeled blood tubes will not be tested. • Label the blood tubes with the identification labels provided by your Home Hemodialysis nurse. • Place a PTH Tube Label (Figure 2) on the gold top tube, if collected, as shown in Blood Tube Information. (Figure 1) • Write the date and time of blood collection on the label; write “AM” or “PM” next to the time. • If you do not have identification labels then clearly hand write on the blood tube label: <ul style="list-style-type: none"> ○ First and last name; must match the requisition exactly ○ Provincial Health Number ○ Date and time of collection; write “AM” or “PM” next to the time. 		
<p>Label information</p>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Figure 2: PTH Tube Label</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>PTH - SST Tube Approved Deliver directly to Immunochem CH3272</p> </div> </td> <td style="width: 50%; vertical-align: top;"> <p>Figure 3: Self Collection Label</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Home Hemodialysis Self Collection PTH – SST tube Approved Data entry performed at DSC CH3273</p> </div> </td> </tr> </table>	<p>Figure 2: PTH Tube Label</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>PTH - SST Tube Approved Deliver directly to Immunochem CH3272</p> </div>	<p>Figure 3: Self Collection Label</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Home Hemodialysis Self Collection PTH – SST tube Approved Data entry performed at DSC CH3273</p> </div>
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<p>Delivering specimen to lab</p>	<ul style="list-style-type: none"> • Place the pre dialysis and post dialysis samples in separate re-sealable specimen bags. • Place the matching requisition in the outside pouch of each bag. • Place a Self Collection Label (Figure 3) on the outside of the bag containing the gold top tube, if collected. • Place bags containing samples and requisitions in the transport container. • Deliver samples to a Patient Service Center or Hospital Outpatient Lab within 4 hours of the last blood collection. • Go to the Calgary Lab Services website (www.calgarylabservices.com) for hours of operation. • Give the samples to a laboratory staff member to check for correct labeling. • Make sure the transport container is returned to you. 		
<p>Questions about your collection?</p>	<p>Call your Home Hemodialysis nurse or the CLS Lab Information Centre 403-770-3600</p>		