

NutrEval Specimen Collection Abbreviated Directions

These instructions have been simplified to clarify some possible areas of confusion but are not complete. Please read ALL the directions in the kit.

The NutrEval is a blood and urine test. See the "Lab Draw location options for Genova and NutrEval" document at sanavihealth.com for locations to get the blood draw. (For Martha Jefferson: no appt is needed)

Do not do the salivary/cheek swab test, unless Melanie has specifically told you to do it. If you are not sure, it means you should NOT do it.

7-10 Days before the blood draw. Discontinue the following:

- any vitamins, minerals and herbals (or the ones Melanie has told you to stop)
- protein drinks/powders/bars
- energy drinks and vitamin waters

4 Days before the blood draw. Discontinue the following:

- non-prescription over the counter (OTC) medications including acetaminophen/Tylenol and cold remedies
- avoid eating or drinking any products containing aspartame (NutraSweet, Equal, Spoonful) and monosodium glutamate (MSG)

24 hours before the blood draw:

- collect your first morning urine and freeze collected urine – follow the detailed directions in the kit for urine collection. Also put the provided ice pack/freezer brick in the freezer.
- eat your usual diet but avoid seafood
- fluid intake should be limited to eight (8) 8-ounce glasses of fluid over a 24 hour period.

Night before the blood draw:

You must fast overnight for a minimum of 10hrs. Only water is permitted, no tea, coffee or herbal teas/infusions.

Day of the blood draw:

- Put ice pack/freezer brick back into the kit, put frozen urine into the kit
- If using a numbing cream, apply a pea sized amount on each arm and cover with gauze or Tegaderm 60 mins before blood draw
- Go to the main Martha Jefferson Hospital in Charlottesville, you do not need an appt or another approved lab
- Blood draws are Monday-Thursday before 10am for the NutrEval test.