

# Patient Information Courier Instructions

## ASAP Couriers

Web: [www.asapcouriers.ie](http://www.asapcouriers.ie)

Telephone: 01-8099809

Fee: €51.65

Your courier collection should be organised **Monday to Wednesday** only to allow for any delays. If you call before 10am Monday to Wednesday, your package should be collected on the same day and will be delivered before midday on the next working day.

We advise against returning samples on a Thursday or Friday as our laboratory is closed at weekends.

Please note that when you book the courier collection you must confirm that you are requesting collection of a biological substance ("*UN3373 Biological Substance, Category B*"). You should request that the courier collecting your sample brings along the required packaging.

### IMPORTANT - Packing your sample for collection:

- Please ensure that the sample containers are clearly labelled and the requisition form for your test is filled in correctly
- For nutritional tests: please put the sample into the small grey pouch provided along with the requisition form for your test. (*Blood samples should be placed into this grey pouch immediately after sampling to protect from light*). Place the grey pouch into the cardboard box provided with your kit
- Affix an address label and UN3373 label to the box and hand to the courier.
- Include a proforma invoice, required since Brexit
- Note you will need a printer to print labels provided by the courier company.

### Shipping addresses:

Nutritional tests: Biolab Medical Unit, The Stone House, 9 Weymouth Street, London, W1W 6DB, UK

Immune tests: Lab4More, Augustenstraße 10, 80333 München, Germany