

## **Homeostatic Assay –Insulin Resistance (HOMA-IR) and Nuclear Magnetic Resonance Lipoprotein Profiles (NMRLP) Test**

Homeostatic Assay –Insulin Resistance (HOMA-IR) and Nuclear Magnetic Resonance Lipoprotein Profiles (NMRLP) are two measures to assess insulin resistance and lipoprotein levels.

### **Procedures**

Please verify that you have all of the following before getting started.

- I. LipoScience Materials (directly received from LipoScience in a large shipment box)
  - A. 8 – Large Plastic FedEx Clinical Packs with Pre-addressed Shipping Labels
  - B. 8 – LipoScience Specimen Kits. Each kit contains:
    - i. 10 - Plastic Specimen Bags
    - ii. 10 - Red-capped Serum Tubes (Z Serum Sep. Clot Activator)
    - iii. 1 - Ice-brick
    - iv. 1 - Styrofoam Inner Container
    - v. 1- Cardboard Outer Container
- II. AAFP National Research Network Materials
  - A. Additional Study Laboratory Supplies
    - i. 2 boxes - AM-Touch Powder Free Nitrile (latex-free) Premium Exam Gloves
    - ii. 1 box - Alcohol Prep Pads
    - iii. 1 bag - Cotton Prepping Balls, Medium (500/bag – 8 bags/case)
    - iv. 1 box - Coverlet® Adhesive Dressing (Band-Aids)
    - v. 1 bag - Disposable Latex-free Tourniquets
    - vi. 1 bag - Needles w/ Vacutainer Plastic Sleeves (BD Butterfly Safety Lock or BD Eclipse)
    - vii. 1 Roll of Packing Tape
    - viii. 2- Sharps Containers
  - B. Documents
    - i. 2 - Instructions for Shipping Specimens to LipoScience
    - ii. 1- AIM-HI Supply Re-order Form
  - C. Study Packets (see packing list). Each packet contains these documents that pertain to the blood draw:
    - i. 12 - Study ID Labels (labels for collection tubes are specially marked)
    - ii. 1 - Requisition Form (to be returned with each specimen)

Remove ice-brick from LipoScience shipment and freeze for 12 hours.

Follow instructions for shipping blood to LipoScience (included).

If additional supplies are needed, please complete the AIM-HI Re-order Form (please allow for two weeks for boxes and collection tubes)

**\* Please contact AIM-HI staff (Brian, Angie, Tom, and Debbie) as needed at: [aimhi@aafp.org](mailto:aimhi@aafp.org) or 800-274-2237, ext. 3179.**