

Serum Tears - Patient Fact Sheet

Q: What should I do to prepare for my blood draw?

On the day of your blood draw appointment, you should be well hydrated prior to arrival. Drinking multiple glasses of water a few hours prior to appointment should be sufficient.

Q: Do I need to bring a cooler with ice to the blood draw?

All patients are provided an insulated foil container with a frozen ice pack inside to keep serum tears cold that should be sufficient for typical trips home from the lab (i.e.: 60-90 minutes). However, you may want to bring a cooler filled with ice to transport your serum tears home particularly if a travel distance might require more than a couple hours.

Q: Once home, how should serum tears be stored?

All but one (1) bottle should be stored in the coldest part of the freezer at -4°F /20°C) or colder. The bottle in use needs to be refrigerated at a temperature of 39°F/4°C) or colder.

Q: How long are serum tears good for?

Frozen serum tears are usable up to a year from the processing date. Once thawed, serum tears are usable for up to a month (30 days) when kept well refrigerated.

Q: How long does each bottle last if using 1 drop per eye 4 times per day?

At the dosage of 1 drop per eye, 4 times per day, most 5 mL bottles of serum tears will last 12-15 days. If you use the drops more frequently, the bottles will not last as long.)

Q: What should be done with a bottle of serum tears if left out and it gets warm?

This depends on how warm and for how long. When in doubt, discard the bottle and use a fresh one.

Q: What if a bottle of serum tears is contaminated (i.e.: patient touches a non-sterile surface with the tip of the bottle)?

Generally, when stored properly this is not an issue. Serum has natural antimicrobial properties. If in doubt, discard the bottle and use a fresh one.

Q: What is a typical serum tears concentration?

Studies suggest that about 75-80% of chronic dry-eye sufferers find the relief they need using a serum tears concentration 20-30% and a typical dosage of 4 drops/eye/day. Most doctors start patients at a 20% serum concentration solution and titrate to a greater concentration as needed to optimize results.

Q: What about traveling on long trips? How do I keep my serum tears cold?

Coolers with ice that is replenished to keep vials near or below freezing are effective at keeping serum tears cold for travel when sufficient ice is used. Vials kept at 40 degrees Fahrenheit or below are generally good for up to 30 days. If traveling by air, it's a good idea to contact the airline relative to rules governing transporting medical fluids on planes. Dry ice can be useful for long trips, however, it's a good idea to provide separation of the vials and the dry ice itself to avoid making the plastic brittle. A brief internet search can reveal additional devices and methods for keeping vials cold over time.

Q: Is a practitioner requisition required to have serum tears made?

A doctor's requisition is not required in order to obtain serum tears. Under FDA regulations, serum tears are not a regulated substance. As with other types of non-regulated substances (i.e.: supplements), patients can determine for themselves if they want to have serum tears made to use as eye drops and choose the concentration they want. However, it is recommended that patients obtain their serum tears from a credible provider like ARCpoint Labs, and that patients consult with their eye doctor to ensure professional care for their eye conditions.

Q: What if serum tears have stopped working?

Typically, this is due to one of 3 things:

- 1.) The current bottle may be being used past the 30-day mark. Discard that bottle and use a new one from freezer.
- 2.) The current bottle may have been left out of the refrigerator and it warmed up. Discard that bottle and use a new one from the freezer.
- 3.) The bottles in the freezer have warmed and refrozen. Discard all bottles and have a new set of serum tears made.

Q: If I start using serum tears, can I go off of my other prescription eye drops used to treat my dry eyes?

This is a question that is best answered by your medical practitioner. The cost of serum tears is dramatically less than prescription eye drops for dry eyes, however, your doctor may have other reasons for continued use of other prescribed eye drops.

Q: What are the side effects of serum tears?

There are no known side effects. Serum tears are made from your own blood and saline solution and therefore do not have any known negative side effects.

Q: If I am on chemotherapy, should I discontinue the use of serum tears?

This is a question that should be answered by your medical practitioner.

Generally, chemotherapy will not affect the processing and use of serum tears given that the chemotherapy is already in a patient's body, well diluted, and often metabolized and eliminated over a relatively short period of time. Your medical practitioner may make recommendations for each patient as needed.

Q: What if I have a disease? Will that preclude me from using serum tears?

Typically, having a disease will not cause harm when used by that patient only. In the case of bacterial infections, the .2-micron filters remove all harmful bacteria as the serum tears are made. It is always recommended that patients consult with a qualified medical practitioner to assure the safety of all involved.