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# KIT CONTENTS



Cardboard kit box



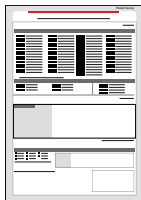
Insulated cooler with lid  
(keep in kit box)



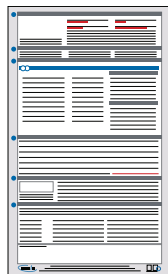
Ice pack



Plastic bag containing:  
1 urine tube  
1 plastic cup  
1 pipette  
1 absorbent pad



Patient survey



Requisition form



FedEx Clinical Pak



FedEx  
Billable Stamp

If you have questions,  
please call your  
ordering provider  
before proceeding.

If your kit is missing  
components, call  
(800) 323-2784 for  
a replacement.

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# COLLECTING URINE

- X 48 hours before and during collection:** avoid eating avocados, eggplant, tomatoes, bananas, melons, pineapple, grapefruit, plums, nuts, nut butters, wine, cheese and chocolate.
- X 24 hours before and during collection:** avoid strenuous exercise, alcohol, coffee, tea, tobacco or any nicotine-containing product. It is preferable to be off medications, including those that regulate allergy, mood, sleep, pain, and inflammation. *NEVER* discontinue prescription medications without first consulting your physician.
- X Do not eat, drink or take supplements until after you are finished collecting your sample (up to 8 oz of water is OK).**

1. **Make sure your provider selected a test profile on the requisition form.** Call your provider if nothing is selected.
2. **Fill out all requested information on the requisition form (front and back) and the patient survey.** Missing information can delay testing.
3. **Freeze the ice pack.** Keep in freezer until you are ready to ship.
4. **Collect urine on a day that is determined by you and your provider.** Menstruating women should not collect urine sample during their period.
5. **Record your waking time on the requisition form for the day of collection.**
6. **Collect urine in the morning:** either the **first or second void** of the day. Check the corresponding box on the front of the requisition form. **Collect a midstream specimen of urine in the collection cup.** Do not urinate directly in the tube. The tube contains an acid preservative\* that may irritate skin. **Use the pipette to transfer urine from the collection cup to the sample tube.** Fill the tube to the "10 ml" mark. Close tube tightly to ensure a good seal. Gently rock the tube back and forth for 3 to 4 seconds to mix urine with the preservative.
7. **Complete all requested information on the tube label and on the bag.** Wrap the absorbent pad around the tube. Do not put the absorbent pad inside the sample tube. Place the tube inside the bag and seal the bag.
8. **Freeze the urine sample for at least 4-6 hours (or overnight if you finish collection at night) and keep frozen until shipping.**

\*Urine sample tube contains an acid preservative that may irritate skin. Do not ingest or inhale. Wipe spills with a wet towel. In case of contact with skin, wash with soap and plenty of water. In case of accidental contact to eye or ingestion, rinse with plenty of water. Seek medical attention if warranted.

## PREPARE THE PACKAGE

- 1. Ship Monday - Friday only.** You will be charged a pick-up fee if you call for a Saturday pick-up. Weekend or holiday collection: keep the specimen in the freezer until the following business day to ship.
- 2. Complete all paperwork, including requisition form and patient survey.** US patients only: fill out the ABN on the back of the requisition form.
- 3. Place items into the cardboard kit box in the following order:**
  - Insulated cooler
  - Plastic bags with frozen specimen tubes, zipped closed
  - Frozen ice pack
  - Requisition form, patient survey, and payment (if applicable)
- 4. Replace the lid of the cooler, and close the cardboard box. Place inside the Clinical Pak.** Write your name and address on the Billable Stamp and tear off the Customer Receipt for your records. Place on FedEx Clinical Pak.

## SCHEDULE A PICK-UP (USA ONLY)

**Call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX).** At the greeting, say "Schedule a Pick-up." When prompted, say "Schedule a Pick-up using a Label or Stamp." Reply "Yes" when asked if the word "Stamp" is written on the waybill. You will then be asked for your address information. **DO NOT USE A DROP BOX.**

If you are located outside the US, Canada, UK, Ireland or Australia, you must make your own shipping arrangements.

neurotransmitter analysis  
URINE COLLECTION



# INSTRUCTIONS

Read all instructions before collecting specimen. Instructions are subject to minor changes. Current collection instructions can be found at [labrix.com](http://labrix.com)



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