

GETTING STARTED

Accurate test results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.

Tips to ensure a proper collection:

- Collect a first-morning void specimen, meaning the first urination collected after a 6-8 hour period of time.
- Collect a mid-stream urine catch, filling 3/4 of the collection cup.
- Specimens should be sent the day of collection. If immediate shipping isn't possible, freeze liquid samples and record the date frozen on the collection tube.

STEP 1:

PREP		<ol style="list-style-type: none">1. Lay out all the contents of your kit.2. Label the transport tubes with the patient's name and date of birth. (unlabeled specimen tubes will not be processed)3. Fill out the requisition form with all required patient information. IMPORTANT: Ensure the information on the requisition form and collection tubes match exactly!
------	---	---

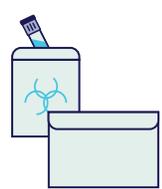
STEP 2:

COLLECT		<ol style="list-style-type: none">1. Perform a mid-stream catch (begin urinating, then start collecting the specimen) filling the collection cup 3/4 full.2. Empty the remaining volume of the bladder into the toilet.
---------	--	--

STEP 3:

TRANSFER		<ol style="list-style-type: none">1. Use the pipet provided to transfer urine from the cup into the transfer tube.<ul style="list-style-type: none">• Squeeze the top bubble of the pipet to remove all the air.• Place the pipet into the collected urine cup and release the pressure on the top of the pipet. This will draw urine into the pipet.• Move the full pipet into the transfer tube and squeeze the top to release the urine into the tube.2. Repeat step 2 as needed until you fill the collection tube to the line marking 7 ml.3. Place the cap back onto the transfer tube and twist it to seal the sample tightly. <p>For Combination Profiles: Repeat steps 1-3 with the additional 2 transfer tubes.</p>
----------	---	--

STEP 4:

RETURN		<ol style="list-style-type: none">1. Place all filled transport tubes into the biohazard bag with the absorbent pad, then seal the bag.2. Fold the Requisition Form and place it into the pocket on the outside of the biohazard bag. (note: this pocket does not seal)3. Enclose the biohazard bag within the crush-proof box, and place it into the return shipping envelope4. Ship the specimen to the lab. Cold pack not required.
--------	---	---



Urine Tube Collection Instructions

Foods To Avoid For Organic Acids Testing

It is suggested to be avoid these foods for 48 hours prior to collection

- Beverages: Tea, Coffee, Alcoholic Beverages, Juice (see fruits/vegetable list below)
- Fruits/Vegetables: Avocados, Bananas, Grapes/Raisins, Kiwi, Pineapple, Plantain, Plums/Prunes, Tomato
- Nuts/Seeds: Pecan, Walnut
- Other: Ketchup, Vanilla Extract, Jell-O, Aged and Processed Cheeses

Foods To Avoid For Environmental Toxin Testing

Preservatives need to be avoided for 48 hours prior to collection

- Sorbic Acid/Sorbate (preservative) (E200-203)
- Benzoic Acid/Sodium Benzoate (preservative) (E 210-213)

General Guidelines

- Avoid collection during menstruation or urinary tract infections.
- Fill the specimen tube to the 7 ml line to ensure there is enough sample for testing.
 - Mycotoxin Panel, Environmental Toxin Panel, Heavy Metal Panel, and Organic Acids Profiles ordered individually require **1 transport tube** filled to 7ml.
 - Combination profiles: All-Tox Profile, MOE-Tox Profile, and MOE-Tox Complete Profile require **3 transport tubes** filled to 7ml.
- Avoid excessive fluid intake the evening prior to urine collection. An overly diluted urine specimen may be rejected.

Warnings & Precautions

- We strongly recommend consulting your healthcare practitioner prior to making any changes to your current medication regimen.
- If the collected specimen contains excess blood (urine is a dark red or brown color) it should be discarded and not used for testing.
- If you are taking the medication methylene blue, DO NOT submit sample until urine has returned to a normal color.