



# INTERNATIONAL DAT Urine Collection Instructions

Please read carefully before collecting and shipping your sample.

## THINGS TO KNOW BEFORE SUBMITTING YOUR SAMPLE:

1. All results will be sent to the patient through a secure portal. An email notification will be sent to the email provided on the requisition form. Please check your spam and junk folder before contacting the office for results.
2. Turn around time is 7-10 business days after received by the laboratory.
3. No need to fast, discontinue supplements, or collect the first urine of the day for this test.

### Contents of Kit

- Requisition Form
- Instructions for Specimen (Urine) Collection
- Conical Collection Cup
- Plastic Transport Tube with Cap
- Biohazard Bag
- Absorbent Pad
- 6 oz Cold Pack
- Thermal Mailer (Silver)
- Commercial Invoices (3 Copies)
- Pre-addressed UPS Sleeve
- Outer Document Plastic Pouch

If you need to make corrections on the requisition form, cross out and write your initials. DO NOT use white-out.

Make sure test requisition form is COMPLETELY filled out EXCEPT for the very bottom of the page where it says "RealTime Lab Use Only."

1.

The sample may be delayed or rejected if this information is missing.

\*All dates should be in this format: mm/dd/yyyy

### International DAT

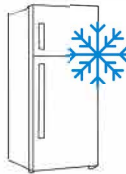
(Direct Access Testing)

#### Test Requisition Form

|  |                 |  |   |
|--|-----------------|--|---|
| Frozen?<br><input type="checkbox"/> Yes <input type="checkbox"/> No                            |                 | Date Frozen: / /   | Date Sent: / /  |
| Patient's Name (Last, First, MI)   |                 |  | Sex<br><input type="checkbox"/> Male<br><input type="checkbox"/> Female |
| Date of Birth<br>MO DAY YR   |                 | City State ZIP Code Country  |   |
| Patient's Address Street   |                 | Patient's Phone  |   |
| Collection Date  | Collection Time | Is this a follow-up test?<br><input type="checkbox"/> Yes <input type="checkbox"/> No  |   |
| Patient's Email  |                 | Patient Signature  |   |
| MYCOXIN TESTS<br>ES400 Total Mycotoxin Panel Urine Only<br>(E8501, E8502, E8503, E8510, E8512) |                 | I agree to assume responsibility for payment of testing services performed by RealTime Laboratories, Inc. I understand there may be unexpected charges incurred by customs, shipping broker and/or taxes. I give permission to RTL to test this specimen for the test marked herein. |   |
| Date   |                 | Date   |   |

2.

Place cold pack in the freezer laying flat.



3.

Collect urine into the conical cup provided (optional) approximately halfway full. A clean, new disposable cup can also be used.



4.

Pour the urine into the plastic RTL tube. FILL ONLY ½ WAY FULL AND SECURELY SEAL THE ENCLOSED CAP (You should hear a pop when it is fully secured).



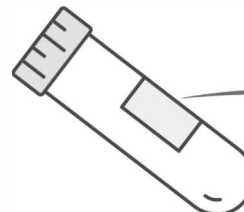
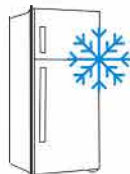
5.

Print on the specimen tube in the designated areas: Date collected, patient's first AND last name, and patient's date of birth (DOB). SPECIMEN WILL BE REJECTED BY THE LAB IF THE TUBE IS BLANK!

6.

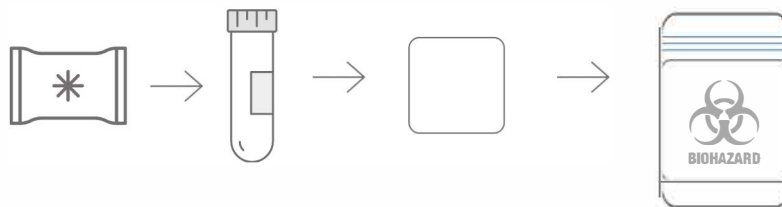
Place sample in freezer immediately after collection.

Both sample and ice pack should be completely frozen before shipping.

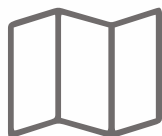


Patient's First and Last Name  
Date of birth mm/dd/yy  
Date of collection mm/dd/yy

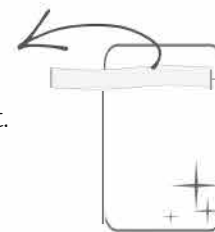
7. Once sample and cold pack are completely frozen, place them in the biohazard bag along with the absorbent pad.



8. Fold and place requisition form in the outside sleeve of the biohazard bag. Note: this opening does not seal shut.



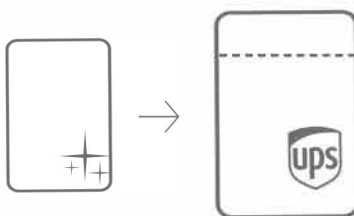
9. Place biohazard bag containing the tube and paperwork into the silver thermal mailer and seal shut.



10. Fill out the required information on all three (3) commercial invoices, fold and place inside the outer plastic pouch (you may need to place/stick the pouch on the UPS pak).



11. Place silver mailer inside pre-addressed UPS sleeve / pak and pull off the preventative stick tape at the top of the bag.



Make sure the bag is closed completely.



## SEND SPECIMEN TO RTL

All specimens should be placed in the freezer immediately after collection . **FREEZE the specimen and note the date it was frozen on the indicated part at the top of the test requisition.** RTL validations allow for the specimen to be sent to the lab in a liquid state and received by the lab within 7 days of collection or within **14** days if sent frozen and in the thermal mailer along with the ice pack.

Take specimen to **UPS store** or affiliate for shipment.

RTL is not responsible for fees involved for "at-home pick-up" services

THANK YOU FOR CHOOSING REALTIME LABORATORIES!

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