

## GETTING STARTED

**Accurate test results start with a properly collected sample and correct paperwork.**

**Please review the specimen collection instructions thoroughly before you begin.**

### Warning and Precautions:

- Avoid collection during menstruation or urinary tract infection.
- Avoid excessive fluid intake the evening prior to collection; overly dilute urine specimen may be rejected
- Supplements and medications may impact results. Please consult with your healthcare provider.
- We strongly recommend consulting your healthcare practitioner prior to making any changes to your current medication

### Organic Acids Profile–Food Restrictions:

**Foods suggested to be avoided 48 hours prior to collection.**

#### Beverages:

- Tea
- Coffee
- alcoholic beverages
- juice (see vegetables/fruits list)

#### Vegetables/Fruit:

- Avacado
- Coffee Banana
- Grapes/Raisins
- Kiwi
- Pineapple
- Plantain
- Plums/Prunes
- Tomato

#### Other:

- Ketchup
- Vanilla Extract
- Jell-O
- Aged and Processed Cheeses

#### Seed/Nuts:

- Pecan
- Walnut

### Environmental Pollutant Testing- Food Restrictions:

**Preservatives need to be avoided for 48 hours before collection.**

- Sorbic Acid/Sorbate (preservative) (E200-203)
- Benzoic Acid/Sodium Benzoate (preservative) (E210-213)

## STEP 1: PREP



1. Lay out all the contents of your kit.
2. Fill out the requisition form information, all patient information is required.
3. On the collection strip, clearly print your name, date of birth, gender, and collection date.

## STEP 2: COLLECT



Collect first urine in the morning before food and drink. Or, first urine after your longest stretch of sleep.

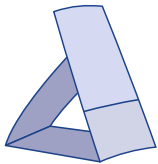
1. Wash your hands thoroughly.
2. Open and unfold the included collapsible collection cup.
3. Begin urinating, then collect a midstream catch in the collection cup.

## STEP 3: TRANSFER



1. Fill out all the information on the back of the card. Name, Date of birth, date of collection, time of collection.
2. Open the cardboard cover and fold back to expose the dried urine strip absorbent pad.  
**Do Not touch the absorbent pad with your hands.**
3. Place absorbent pad portion of collection strip into the cup, and leave it inside the cup for 15 seconds to ensure full saturation.
4. Take collection strip out of the cup, briefly allowing it to drip freely.

## STEP 4: DRY



1. Position to dry
  - **OPTION 1: AIR DRY** Air dry strip for at least 12 hours. Humid conditions may prolong this drying time. Absorbent pad may drape and touch the cover.
  - **OPTION 2: BLOW DRY** Dry strip with a hair dryer on "low" setting; air may be warm but NOT hot. Allow 1-3 inches between dryer and strip. Dry both sides of the strip for 5 minutes per side, for a total of 10 minutes drying time.
2. Wait. Allow the card time to dry completely, this is a minimum of 8 hours in warm dry climates but can be up to 2 days in cool dry climates. **DO NOT place a moist cards into biohazard bag.**

## STEP 5: PACKAGE AND SHIP

1. Ensure the urine card is thoroughly dried before placing them into the sealable portion of the biohazard bag.
  - Moist cards can grow mold which will make the sample untestable. Nobody likes moldy cards!
2. Fold the requisition form with all patient information filled out into the front pocket on the biohazard bag.
3. Place the Biohazard bag containing your dried urine card and requisition form into the pre-labeled bag.