

# 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"><li>1. Lay out all the contents of your kit.</li><li>2. Label the transport tubes with the patient's name and date of birth. (<b>unlabeled specimen tubes will not be processed</b>)</li><li>3. Fill out the requisition form with all required patient information. <b>IMPORTANT: Ensure the information on the requisition form and collection tubes match exactly!</b></li></ol>
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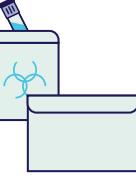
## STEP 2:

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

TRANSFER		<ol style="list-style-type: none"><li>1. Use the pipet provided to transfer urine from the cup into the transfer tube.<ul style="list-style-type: none"><li>• Squeeze the top bubble of the pipet to remove all the air.</li><li>• 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.</li><li>• Move the full pipet into the transfer tube and squeeze the top to release the urine into the tube.</li></ul></li><li>2. Repeat step 2 as needed until you fill the collection tube to the line marking 7 ml.</li><li>3. Place the cap back onto the transfer tube and twist it to seal the sample tightly.</li></ol> <p><b>For Combination Profiles:</b> Repeat steps 1-3 with the additional 2 transfer tubes.</p>
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## STEP 4:

RETURN		<ol style="list-style-type: none"><li>1. Place all filled transport tubes into the biohazard bag with the absorbent pad, then seal the bag.</li><li>2. Fold the Requisition Form and place it into the pocket on the outside of the biohazard bag. (note: this pocket does not seal)</li><li>3. Enclose the biohazard bag within the crush-proof box, and place it into the return shipping envelope</li><li>4. Ship the specimen to the lab. Cold pack not required.</li></ol>
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## 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.