

## Medical Precautions

- For mycotoxin testing, if you are taking the medication methylene blue, **DO NOT** submit sample until urine has returned to a normal color.
- **Blue urine samples** for mycotoxin tests will be immediately rejected by the lab.
- We strongly recommend consulting your healthcare practitioner prior to making any changes to your current medication regimen.

## General Guidelines

- Fill the specimen tube to the 5 ml line to ensure there is enough sample for testing.
- Ensure the name on the order form and urine tube match exactly.
- Unlabelled tubes will be rejected.



**For More Detailed Instructions:** For detailed instructions to assist in your specimen collection, use the QR code to the left or visit [Realtimelab.com/specimen-collection](http://Realtimelab.com/specimen-collection)

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**REALTIME** A US BIOTEK LABORATORY



**Liquid Urine**  
Collection Instructions

# GETTING STARTED

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

## To Avoid Specimen Rejections:

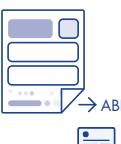
- ▶ Ensure all patient information (top light blue boxes) is filled out on the order form and matches the information on the urine tube label exactly.
- ▶ Collect a mid stream urine catch, filling roughly half the collection cup. Make sure that sample collected is a **first morning void**.
- ▶ Specimens should be sent to the lab the same day as collection. If samples can not be shipped immediately, liquid samples should be frozen until the time of shipment.

**Note: If frozen write the date frozen on the Order Form.**

## STEP 1:

PREP		<ol style="list-style-type: none"><li>1. Lay out all the contents of your kit.</li><li>2. Label the collection tube with the patient's name, date of birth and date of collection. (Unlabeled specimen tubes will not be processed)</li><li>3. Fill out the order form with all required information<ul style="list-style-type: none"><li>▶ Patient Information in the top blue boxes</li><li>▶ Specimen Type (select urine)</li><li>▶ Payment Type</li></ul></li></ol>
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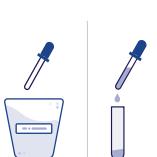
**If you are requesting Medicare Coverage Follow below. If not, move on to Step 2.**

MEDICARE		<ol style="list-style-type: none"><li>1. Flip the requisition form over to find the Advanced Beneficiary Notice (ABN) form on the back side of the Requisition form.</li><li>2. Fill out the ABN form completely.</li><li>3. Take copies of the front and back of your medicare card and supplemental insurance card, if applicable.</li></ol>
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## STEP 2:

COLLECT		<ol style="list-style-type: none"><li>1. Collect urine sample as a first morning void (6-8 hours since last urination).</li><li>2. Unfold the provided urine collection cup or use any clean disposable cup.</li><li>3. Perform a mid-stream catch (begin urinating, then start collecting the specimen) filling the cup up 1/2 full.</li><li>4. Empty the remaining volume of your 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>
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## STEP 4:

PACKAGE		<ol style="list-style-type: none"><li>1. Place the urine tube into the biohazard bag with the absorbant pad and seal the bag closed.</li><li>2. Fold the order form, and additional medicare documents if applicable, into the outside pocket on the biohazard bag. <b>Note:</b> this opening does not seal shut.</li><li>3. Place the biohazard bag containing the tube half filled with urine and the paperwork into the kit box and fold closed.</li><li>4. Place the box into the poly shipping bag and use the taped strip to secure it closed.</li></ol>
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## STEP 5:

SHIP		<ol style="list-style-type: none"><li>1. Ship the specimen <b>the same day as collection</b>. If you can not ship same day, freeze the specimen and note the date frozen on the requisition form.</li><li>2. Shipping carrier and tracking information can be found on the prepaid label.<ul style="list-style-type: none"><li>▶ Shipping labels are prepaid for returns within the continental US. Shipments outside the continental US must be paid by the client.</li></ul></li></ol>
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All components of this kit are permitted for one-time use only.



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