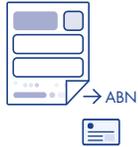


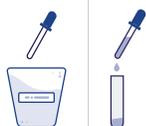
STEP 1:

PREP		<ol style="list-style-type: none">1. Lay out all the contents of your kit.2. Label the specimen tube(s) with the patient's name, date of birth and date of collection. Unlabeled specimen tubes will be rejected!3. Fill out the order form with all required information<ul style="list-style-type: none">➤ Patient Information in the top blue boxes➤ Specimen Type (select urine)
If you are requesting Medicare coverage, follow below. If not, move on to Step 2.		
MEDICARE		<ol style="list-style-type: none">1. Flip the requisition form over to find the Advanced Beneficiary Notice (ABN) form on the back side of the Requisition form.2. Fill out the ABN form completely.3. Provide copies of the front and back of your medicare card and supplemental insurance card, if applicable.

STEP 2:

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

TRANSFER		<ol style="list-style-type: none">1. Use the pipet provided to transfer urine from the cup into the specimen 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 specimen tube and squeeze the top to release the urine into the tube.2. Continue using the pipet as needed until you fill the specimen tube to the line marking 7 mL.3. Place the cap back onto the specimen tube and twist it to seal the sample tightly. <p>For Combination Profiles: Repeat steps 1-3 of this section with the additional 2 specimen tubes.</p>
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STEP :

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

SHIP		<ol style="list-style-type: none">1. Ship the specimen the same day as collection. If you can not ship same day, freeze the specimen and note the date frozen on the requisition form.2. Shipping carrier and tracking information can be found on the prepaid label. Taking note of the tracking number is recommended.<ul style="list-style-type: none">➤ Shipping labels are prepaid for returns within the continental US. Shipments outside the continental US must be paid
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Urine Tube Collection Instructions

Foods To Avoid For Organic Acids Testing

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

- Beverages: Tea, Coffee, Alcoholic Beverages, Juice (see Fruits/Vegetables list below)
- Fruits/Vegetables: Avocado, Banana, Grape/Raisin, Kiwi, Pineapple, Plantain, Plum/Prune, Tomato
- Nuts/Seeds: Pecan, Walnut
- Other: Ketchup, Vanilla Extract, Jell-O, Aged and Processed Cheeses

Foods To Avoid For Environmental Toxin Testing

You must avoid preservatives for 48 hours prior to collection

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

Foods To Avoid For Heavy Metal Testing

- DO NOT eat seafood four (4) days prior to collecting your sample.
- AVOID smoking two (2) days prior to testing.
- STOP taking nutritional supplements one (1) day prior to testing unless advised.
- DO NOT drink tea or coffee on the day of collection, neither prior to or during sample collection.

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.
 - **IMPORTANT: Blue urine samples for mycotoxin tests will be rejected by the lab.**
- We strongly recommend consulting your health-care practitioner prior to making any changes to your current medication regimen.

General Guidelines

- Fill the specimen tube(s) 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 specimen tube filled to 7mL.**
 - Combination profiles: All-Tox Profile, MOE-Tox Profile, and MOE-Tox Complete Profile require **3 specimen tubes filled to 7mL.**
- Ensure the name on the order form and specimen (urine) tube match exactly.

***Unlabelled tubes will be rejected.**

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 specimen tube label exactly.
- Collect a mid-stream urine catch, filling the collection cup 3/4 full. Make sure that the sample collected is a **first morning void** (meaning the first urination collected after a 6-8 hour period of time).
- Specimens should be sent to the lab the same day as collection. If samples can not be shipped immediately, liquid samples