

# Patient Guide



## Amino Acids Analysis, Urine

#3500



Abnormal kidney function or use of diuretics may influence test results.



Do not collect if there is blood in urine, including menstrual or other blood.

## BEFORE YOU BEGIN

# Activate This Test

Visit [gdx.net/activate](https://gdx.net/activate) and enter the number found on the included activation label card.



## STEP 1

### Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays.

#### 4 Days before Collection

Check with your clinician whether it is necessary to discontinue medications/supplements.

Some clinicians choose to discontinue non-essential nutritional supplements to get a 'baseline' reading.

Some clinicians choose to continue nutritional supplementation to assess the efficacy of their treatments.

#### 24-Hours Before Collection

Freeze freezer brick at least 8 hours.

Eat usual diet but avoid over-eating any single food or consuming an extreme diet.

Consume no more than six 8-ounce glasses of fluid over the 24 hours before collection.

#### Night Before Collection

Fast overnight. Water is okay.

## STEP 2

# Specimen Collection

1. **Review** instructions and test prep information at [gdx.net/activate](http://gdx.net/activate).
2. Write your **date of birth** (DOB) and the **date of collection** on the labels provided. Attach a completed label to the tubes.

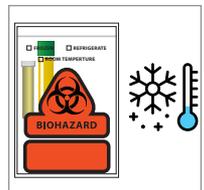
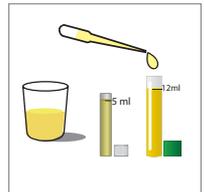


**CAUTION:** Tubes contain poisonous liquid. **KEEP OUT OF REACH OF CHILDREN.**

**A very small amount of Sulfosalicylic Acid is contained in the tube as a preservative.** Avoid contact of the eyes or skin with the fluid in the tube. For eye contact, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest powder.

## Collect Urine

1. **Collect** your **first morning urination** in a clean container (a large plastic cup works well). If you wake to urinate during the night, within 6 hours of when you typically wake for the day, collect your urine **in the container**, refrigerate, then combine with your first morning urination collection.
2. Use the **pipette to transfer urine** from the cup into the clear-top transfer tube to the 5 ml mark and the green-top urine tube to the 12 ml mark.
3. Recap the tube tightly and **shake**.
4. Place the **tubes into the biohazard bag and freeze** for a minimum of **2 hours**.





### STEP 3

## Return Collection Pack

1. Confirm that each tube has a **completed label attached** with **date of birth** and the **date of collection**. Place the **frozen freezer brick** and the biohazard bag with **frozen tubes** inside the **foam insulator**. Replace the foam lid.
2. Visit **gdx.net/activate** to enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card**.
3. **Close the cardboard box** and **place** inside the **FedEx shipping bag**. Follow the shipping instructions provided.

