

# Step 3:

## Ship the specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Please refer to the shipping instruction insert found in your kit box.



**GENOVA**  
DIAGNOSTICS®

# Bone Resorption Assessment Patient Collection Instructions

IS-148



## Check Your Kit

- A - 1 Urine collection cup
- B - 1 Tube
- C - 1 Pipette
- D - 1 Glove
- E - 1 Biohazard bag and absorbent pad
- F - 1 Bubblewrap bag
- G - 1 Freezer brick
- H - 1 Foam insulator box
- I - 1 Rubber band
- J - 1 Requisition (to be completed and signed)
- K - 1 Prepaid mailing envelope

- If any items are missing or expired, call Client Services at 800.522.4762, then press 1
- Keep the kit box for shipping your specimen to the lab.

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# Step 1:

## Important things to know and consider

- Specimen must be received by the laboratory within 2 weeks of collection.
- **Abnormal kidney function** or use of diuretics may influence test results. This test should not be performed on individuals with kidney disorders. In addition, certain medications can affect urine creatinine levels [e.g. cephalosporins (e.g. Cefoxitin), cimetidine (Tagamet), fibrates (e.g. Ciprofibrate), and trimethoprim-sulfamethoxazole (Bactrim)].
- If any of the following factors apply to you, it is advisable to delay testing. Please consult your healthcare provider.
  - Urinary tract infection
  - Pregnancy or lactation
  - Bone fracture: Levels may remain elevated for up to one year
  - Spinal cord injury; severe burns
  - Use of medicines or supplements such as cephalosporins, trimethoprim (e.g. Bactrim®TM), doxycycline, sulfasalazine, and Human Growth Hormone

## Schedule & Prepare for the urine collection

- If this is a repeat test, collect specimens under similar conditions, bearing in mind the factors that can influence results:
  - Phase of the menstrual cycle: Follicular vs. luteal
  - Physical activity: Note level of exercise or bed rest
  - Meat: Avoid high meat intake the night before collection
- **Refer to the shipping instruction insert for specimen shipment instructions.** *Sample MUST be stored frozen at least 2 hours before shipping.*
- **Freeze the enclosed freezer brick** a minimum of 8 hours before shipping.
- **Complete the requisition form** with all patient and billing information. Be sure it is signed by the patient/responsible party and the healthcare provider.

# Step 2:

## Collecting your urine specimen

Not following these instructions may affect your test results.



- 1 Write your full name, time, and date of collection** on the tube using a ballpoint pen or pencil only.



- 2 After awakening for the day (after 6 to 8 hours sleep), collect your first morning urine in the collection cup** provided in your kit. *After filling the cup, pass any additional urine into the toilet. (Note: If you wake up to urinate during the night within six hours before your rising time, collect your urine and refrigerate it; then add that refrigerated sample to the urine you collect when you rise for the day.)*



- 3 Use the pipette to transfer urine** from the collection cup into the tube until it is nearly full.



- 4 Recap the tube tightly.** Discard the remaining urine, the collection cup, the pipette, and the glove.



- 5 Place the filled tube into the biohazard bag** and *freeze a minimum of 2 hours prior to shipping.*

**Consult your healthcare provider if you have any questions at any time during this test.**