

# Patient Guide



Organix® #3301\*

\*Not Available in New York



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.



Valproic acid, acetaminophen and berberine HCl are direct assay interferants for certain analytes.

## 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. Please return specimens within 24 hours after collection.

#### 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

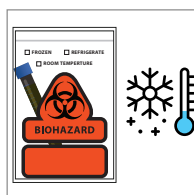
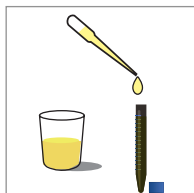
# Specimen Collection

1. **Review** instructions and test prep information at **gdx.net/activate**.
2. Write your **date of birth** (DOB) and the **date of collection** on the labels provided. Attach a completed label to the blue-top amber tube.



## Collect Urine

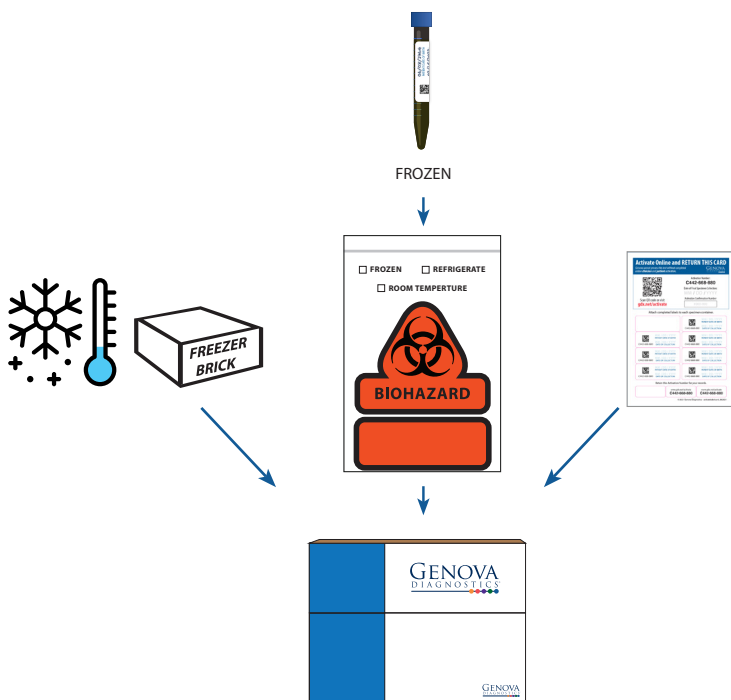
1. **Collect** your **first morning urination** into a clean container (a large plastic cup works well). If you wake to urinate during the night, within 6 hours of when you typically wake for the day, collect your urine **in the cup**, refrigerate, then combine with your first morning urination collection.
2. Use the **pipette to transfer urine** from the cup into the blue-top amber tube until nearly full.
3. Recap the tube tightly and **shake**.
4. Place the **tube 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 patient's **date of birth** and the **date of collection**. Place the **frozen freezer brick** and the biohazard bags with **all tubes** inside the **foam insulator**. Replace the foam lid.
2. Retain a copy of the **activation number** for future reference **using one of the three labels provided on the bottom of the activation label card**.
3. Visit **gdx.net/mygdx** 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**. Place the **activation card inside** the box.
4. **Close the cardboard box** and **place inside the FedEx shipping bag**. Follow the shipping instructions provided.



Additional resources are available online.  
Visit **gdx.net/activate** and enter your activation number.