

# Step 3:

## Ship the specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- Plan to ship the specimen Monday – Friday overnight delivery.
- Call 1.800.GoFedEx (1.800.463.3339) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package”. Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- **Make sure the tube is tightly closed and identified** with completed label. Seal the tube in the Biohazard bag.
- **Lay the Biohazard bag with the urine specimen on top of the freezer brick** in the foam box. Secure the foam box lid with the rubber band.
- **Slide the foam box back inside the kit box**, and place the **completed and signed requisition** on top before closing. *Do not staple or tape the box.*
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. **DO NOT mark or write in any other sections.**
- Put the kit box into the envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.

# Oxidative Stress 2.0 (Urine) (Lipid Peroxides & 8-OHdG)

IS-4104

## Patient Collection Instructions



## Check Your Kit

- A - 1 Urine collection cup
- B - 1 Pipette
- C - 1 Glove
- D - 1 Urine transfer tube
- E - 1 Freezer brick
- F - 1 Foam insulator box
- G - 1 Rubber band
- H - 1 Biohazard bag and absorbent pad
- I - 1 Requisition
- J - 1 Prepaid mailing envelope
- K - 1 Collection label

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

# Step 1:

## Important things to know and consider

- 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 medicines may impact test results [e.g. cephalosporins (e.g. Cefoxitin), cimetidine (Tagamet), fibrates (e.g. Ciprofibrate) and trimethoprim-sulfamethoxazole (Bactrim)]. Let your physician know about your use of these medications. Do not change use of medications unless instructed to do so by your healthcare provider.

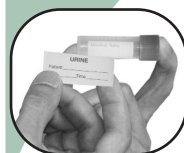
## Schedule & Prepare for your urine collection

- Avoid over-hydration. Aim for an average overall fluid intake of ½ ounce of water/fluid per pound of body weight per day.  
**Example:** 130 lbs = 65 ounces (eight 8 oz glasses per day)
- **Freeze the enclosed freezer brick** a minimum of 8 hours before shipping.
- **Contact FedEx and schedule to ship the specimen overnight delivery** Monday - Friday.
- Female patients should not collect urine during a menstrual period.
- **Complete the Requisition Form** with all patient and billing information. Be sure it is signed by the Patient/Responsible Party and the healthcare provider. *Enter date in box labeled "Date Final Sample Collected"*

# Step 2:

## Collecting your urine specimen

Not following these instructions may affect your test results.



- 1** Using a ballpoint pen or pencil only, **write your full name and the time and date of collection** on the label provided. Affix to the urine transfer tube.



- 2** After awakening for the day, **collect your first morning urine** into the collection cup provided. *(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 nearly full.



- 4** **Recap the tube tightly and shake** the tube to mix thoroughly.



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

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