**Checklist (Prior to Shipping)**

1. **Black cap glass collection container**
   - Patient's first and last name, date of birth, gender, and date of collection are written on the container
   - The container cap is screwed on tightly.

2. **Refrigerated**
   - 1 Black cap glass collection container

3. **Frozen**
   - Ice pack

5. **Test Requisition Form with Payment**
   - Test Requisition Form is complete - Test is marked, Patient’s first and last name, date of birth, gender and date of collection are recorded.
   - Personal Health Assessment Form
   - Payment is included

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**Toxic Effects Profiles**

**Urine Specimen Collection Instructions**

This specimen collection kit can be used for the following test(s):

- **0740 Phthalates & Parabens Profile** - Urine
- **0763 Organophosphates Profile** - Urine
- **0764 Bisphenol A Profile** - Urine
- **1763 BPA, Phthalates & Parabens, and Organophosphates Profile** - Urine
- **1764 BPA and Phthalates & Parabens Profile** - Urine

**IMPORTANT:**

All patient specimens require two unique identifiers: patient’s name and date of birth, as well as date of collection. Patient’s first and last name, date of birth, gender, and date of collection must be recorded on the Test Requisition Form as well as on all tube(s), black cap glass container, and/or vial(s), using a permanent marker, or the test may not be processed.

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**Specimen**

First Morning Urine, 12 ml, refrigerated

**Collection Materials**

- 1 Black cap glass collection container
- 2 Disposable gloves

**Shipping Materials***

- Absorbent pad
- Bubble bag
- Ice pack
- Test Requisition Form
- Biohazard bag with side pocket
- Specimen collection kit box
- FedEx® Express Clinical Lab Pak and Billable Stamp

*International shipping may vary, please see shipping instructions for more details.

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Please read all instructions carefully before you begin.

Patient Preparation

- It is best to ship your specimen within 24 hours of collection. Please refer to the enclosed shipping instructions before you collect to determine what days you can ship your specimen.
- It is not necessary to discontinue nutritional supplements prior to this specimen collection.
- Decrease fluid intake to avoid excessive dilution of the urine
  - For adults, restrict intake to three 8 oz. glasses or less for 24 hours
  - Make sure that no more than 8 oz. of this is consumed after 8:00 PM the evening prior to urine collection
- Do not collect urine during menstruation
- The chemicals being tested are in many products we use each day such as lotions, soaps, and detergents. Therefore, you MUST collect the urine specimen directly into the provided glass container and follow the instructions below to avoid specimen contamination.

Urine Collection

1. Write patient’s first and last name, date of birth, gender, and date of collection on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as on black cap glass container, using a permanent marker.
   • IMPORTANT: To ensure accurate test results, you MUST provide the requested information.
2. Freeze the ice pack.
3. Empty bladder before going to bed at night. Do not collect this urine.
4. Put on disposable gloves when you awake for the day.
5. Collect first morning urine directly into the glass container provided in the collection kit. Fill the container at least 3/4 full, and void any excess urine into the toilet.
6. Screw the cap on tightly.
7. Remove and dispose of gloves appropriately.
8. Refrigerate the black cap glass container.

Specimen Preparation

1. Place the glass container into the bubble bag.
2. Place the protected specimen container, frozen ice pack, and absorbent pad into the biohazard bag.
3. Staple payment to the bottom right-hand corner of the completed Test Requisition Form and complete the Personal Health Assessment Form; Fold and Place them in the side pocket of the biohazard bag.
4. Seal the biohazard bag; Place it into the specimen collection kit box, and close the box.