

Important things to know and consider

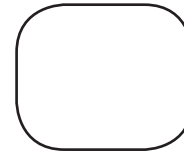
- Abnormal kidney function or use of diuretics may influence test results. This test should not be performed on individuals with kidney disorders. In addition, certain medicines may impact test results [e.g. adrenal steroids including corticosteroids, antibiotics, amphetamines, cephalosporins, cimetidine (Tagamet), fibrates (e.g. Ciprofibrate), penicillin or D-penicillamine, and trimethoprim]. Let your practitioner know about your use of these medications. **Do not change use of medications unless instructed to do so by your healthcare provider.**
- **4 Days before the test** discontinue all of the following (*unless instructed otherwise by your practitioner*): Non-essential vitamins, minerals, amino acids, and herbal supplements taken regularly – including enhanced sports drinks, energy drinks, and vitamin waters.
- **2 days before the test:** (*unless instructed otherwise by your practitioner*) Discontinue creatine, alpha-ketoglutarate, and malic acid supplements, as well as citrate, malate, or orotate forms of minerals.
- **24 hrs before the test:** Avoid eating or drinking any products containing aspartame (Nutra-Sweet, Splenda, Canderel) and monosodium glutamate (MSG), and avoid over-consuming any single food. Otherwise, eat your usual diet.
- It is essential to avoid excessive fluid intake for the 24 hours prior to collection. Aim to drink no more than an average fluid intake of 1.5 litres, spread throughout the day.

Schedule and prepare for your urine collection

- **Sample must be frozen for at least 2 hours** prior to returning. Please note: samples completed on Friday – Sunday should be stored frozen until Monday for returning to the laboratory by overnight delivery.
- Fast overnight (at least 8 hours) prior to the urine collection.
- **Freeze the enclosed gel freezer brick** before sending.
- Please be aware that this test is not suitable for children under the age of 24 months.
- Female patients should not collect samples during menstruation.
- **Complete the requisition form** with all patient and payment information. Be sure it is signed by the patient/ responsible party in the box labelled "Final Sample Date /Time." **DO NOT WRITE IN THESE SPACES**

Not following these instructions may affect your test results.

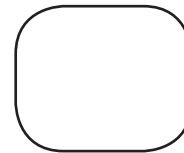
CAUTIONS: Do not discard tube fluid. Avoid contact of the eyes or skin with the liquid in the tubes. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest liquid. For accidental ingestion, contact your healthcare provider at once.



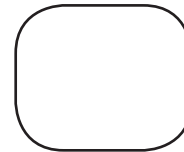
1 Write your full name (first and last), date of birth, time and date of collection on the labels using a ballpoint pen or pencil only. Attach the labels to the collection tubes.



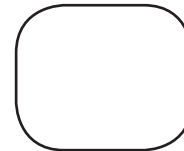
2 After awakening for the day, collect your first morning urine into the cup provided. After filling the cup, pass any additional urine into the toilet.
If you wake up to urinate during the night within six hours before your rising time, collect your urine and refrigerate, then mix that sample to the urine you collect when you rise for the day. You may wish to use a disposable cup or other clean container (cleaned with hot water only).



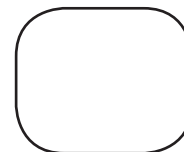
3 Use the pipette to transfer urine from the collection cup into the tubes until they are nearly full.



4 Recap both tubes tightly. Shake the blue-top amber tube to mix thoroughly.



5 Place the filled tubes into the biohazard bag and freeze for at least 2 hours prior to sending.



6 Complete the Requisition Form, including required signatures and the date of sample collection.

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