URINE, 24-HOUR COLLECTION INSTRUCTIONS   #76

PATIENT URINE & SALIVA COLLECTION INSTRUCTIONS

The following test(s) can be collected using these instructions:

- Complete Hormones™
- Essential Estrogens™

Add-ons available:

- Triiodothyronine, T3
- Cortisol, Free
- Genomics a-la-carte SNPs
  - ApoE
  - MTHFR
  - COMT
  - TNF-α

Specimen:

- 120ml Aliquot of urine (First morning void)
- Saliva (only for Genomics add-ons)

Shipping Materials:

- Gloves
- Biohazard bag with absorbent material
- Test Requisition Form
- Collection label
- Questionnaire
- Prepaid mailing envelope

Open your mouth widely and insert applicator. For at least 30 seconds, aggressively scrape the inside of your cheek using a back and forth, and up and down motion. Rotate the applicator several times, and swab between the cheek and gums. Avoid excessive saliva.

Note: Follow these instructions carefully to ensure the swab collects a sufficient amount of cheek cells. If there is not enough DNA collected on the applicator, a recollection will be required.

REPEAT FIGURES 1 - 3 WITH SECOND SWAB

 Allow swabs to air dry for 15-20 minutes, then replace them (swab first) into the swab applicator package.

Print Full name and collection date on specimen collection label. Place the specimen collection label on the envelope.

Insert swab applicator package into the letter envelope and seal. Place the envelope, along with the frozen bag containing urine sample, into the Prepaid Mailing Envelope for return to the lab.

3. Test Requisition Form with Payment

- Test Requisition Form is complete - Test is marked, Patient's first and last name, date of birth, gender, date of collection, and Total Urine Volume are recorded
- Questionnaire is complete
- Payment is included

SHIPPING INSTRUCTIONS

Specimen(s) must be returned in the Genova Diagnostics kit box. Please refer to the shipping instruction insert found in your kit box.

URINARY HORMONES ENDOCRINOLOGY

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Test may not be processed without this information.

Test Requisition Form

- PleaseProvide:
  - Patient's first/last name
  - Date of Collection
  - Gender
  - Date of Birth (DOB)

Collection Materials for Urine

- White-top cup with preservative
- Collection cup (no lid)
- Pipette

Collection Materials for Saliva

- Blue collection jug with preservative (2)
- Cotton Swabs and Package
- Letter Envelope

Call 020 8336 7750 or visit our website at www.gdx.net/uk

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IMPORTANT: To ensure accurate test results you MUST provide the requested information. Please write the patient’s full name, the time and date of collection, and date of birth on the label and apply it to the white-top cup. Write patient’s first and last name, date of birth, gender and date of collection on the Test Requisition Form. Put on glove; hold the large blue jug upright to avoid spilling the white powder preservative. Loosen cap to allow air to enter the jug. Without completely removing the cap, carefully expand it to its full size.

On first day, discard the first urination after rising. Collect all subsequent urinations for the next 24 hours, including your first urination of the next day.

Collect each urination in the disposable cup and pour into the large jug (with powder preservative). Do not rinse the cup with tap water or clean the cup with cloth or paper. Recap jug and mix gently. Refrigerate jug through 24 hour collection period.

IF YOU USED TWO JUGS, put on the disposable gloves and mix the urine together by pouring back and forth between the jugs. Be very careful not to spill urine. When thoroughly mixed, fill jug #1 up to the 1700-ml mark. Set jug #2 on a level surface and note the volume using the milliliter marks on the side of the jug. Add together the amount in jug #1 (1700-ml) and the amount in jug #2. On the requisition form, write patient’s age and the amount of urine in the space labeled Total Urine Volume. Lab processing cannot be completed without this information. Go to step #8 using jug #1.

Tightly close the collection jug and invert repeatedly for 30 seconds to mix contents. Open the white-top cup. Pour urine into the cup to approximately the 100ml mark, and then use the pipette to reach the 120ml mark. Screw the top on the cup tightly to avoid leakage and shake to mix thoroughly. Discard the remaining urine, the large collection jug(s), pipette, and gloves.

Add total urine volume in milliliters (ml) on the white-top cup label. Place the cup in the Biohazard bag. Refrigerate until ready to ship. Ship within 48 hours after collection.

Please note this caution: Do not discard cup fluid or white powder. Avoid contact of the eyes or skin with the fluid or powder in the cup. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest liquid or powder.