

Step 3:

Returning The Samples To The Laboratory

Samples must be returned to Genova Diagnostics by overnight delivery to arrive next day.

For UK mainland patients only: Genova Diagnostics recommends using the enclosed courier collection service, or alternative e.g.: Royal Mail, Special Delivery. The mailing envelope is not pre-paid.

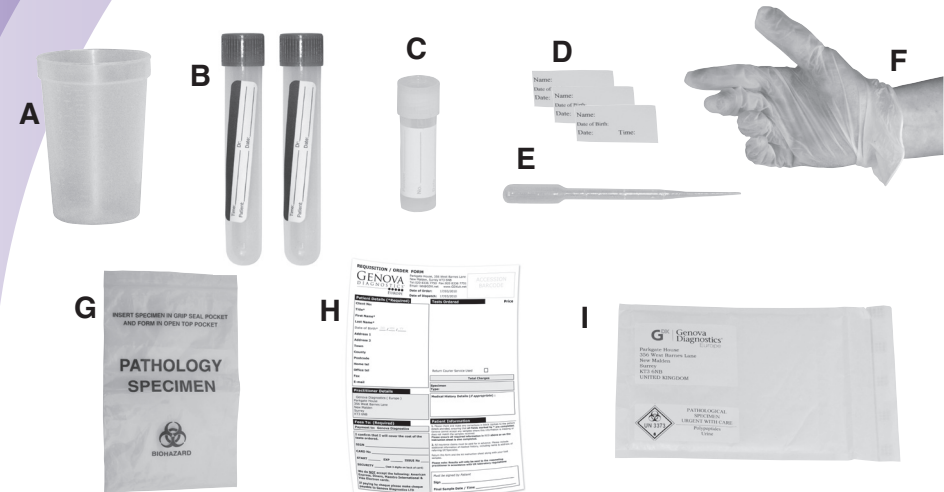
For patients outside of the UK: please arrange an international courier such as FedEx, DHL, UPS.

Please note: the laboratory is closed at weekends. Samples should not be in transit over the weekend; please arrange for the samples to be sent overnight and to arrive no later than Friday. If blood is drawn on Friday or weekend, freeze until Monday shipment.

- Plan to return the samples **Monday – Thursday by overnight delivery only.**
- Make sure the urine tubes are tightly closed and identified with completed labels. Failure to complete the labels correctly will result in the sample being rejected. Seal the tubes securely in the biohazard bag with absorbent paper.
- Place the biohazard bag in the mailing envelope with your completed and signed requisition form.
- Seal the envelope.
- Once posting/couriering of samples has been arranged, keep any tracking numbers issued by the courier / Royal Mail for future reference.

Urine, First Morning Void (T3 or Iodine)

Patient Urine Collection Instructions



Check Your Kit

- A - 1 Collection cup
- B - 2 Tubes for urine sample (with preservative)
- C - 1 Small tube for urine sample
- D - 3 Labels
- E - 1 Pipette
- F - 1 Glove
- G - 1 Biohazard bag and absorbent paper
- H - 1 Requisition (to be completed and signed)
- I - 1 Mailing envelope

- If any of the items are missing or expired, call the laboratory on 020 8336 7750.
- The appearance of the above kit components are for illustration use only and actual contents may vary slightly from that shown.

Step 1:

Important things to know and consider

- Certain medications can affect urine creatinine levels (e.g. Tagamet). Thyroid-supporting prescriptions, nutrients, and botanicals may influence test results. Let your practitioner know about your use of these medications before doing this test. **Do not change use of medications unless instructed to do so by your healthcare provider.**
- For a baseline analysis, discontinue non-essential medications or supplements 48 hours prior to the test.
- This test should not be performed on individuals with kidney disorders or using diuretics.

Prepare for your urine collection

- 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.
- If you are experiencing a urinary tract infection, delay collection of specimen until after completing treatment.
- **Complete the requisition form** with the patient and payment details, and any information requested in red. Be sure it is signed by the patient / responsible party in the box labelled 'Final Sample Date / Time'.

Step 2:

Urine Collection

Not following these instructions may affect your test results.

*Please note this caution: A very small amount of preservative is contained in the two large tubes. **This may be yellow in appearance.** Do not discard fluid. Avoid contact of the eyes or skin with the preservative. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest liquid.*



- 1** Using a ballpoint pen or pencil only, **write your full name (first and last), date of birth, and the time and date of collection** on the labels and apply them to each of the tubes.



- 2** After awakening for the day (after 6 to 8 hours sleep), **collect your first morning urine* in the collection cup** provided in your kit. *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 keep it cool (away from direct heat), then add 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** into each of the tubes until they are nearly full. Screw the tops on each tube tightly to avoid leakage, and shake to mix thoroughly.



- 4** Discard the remaining urine, collection cup, pipette and glove.



- 5** **Place the filled tubes in the biohazard bag** with the absorbent paper and freeze until ready to return.



- 6** Complete the requisition form, including any information requested in red. Be sure it is signed by the patient / responsible party. The test can not be processed without this information.

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