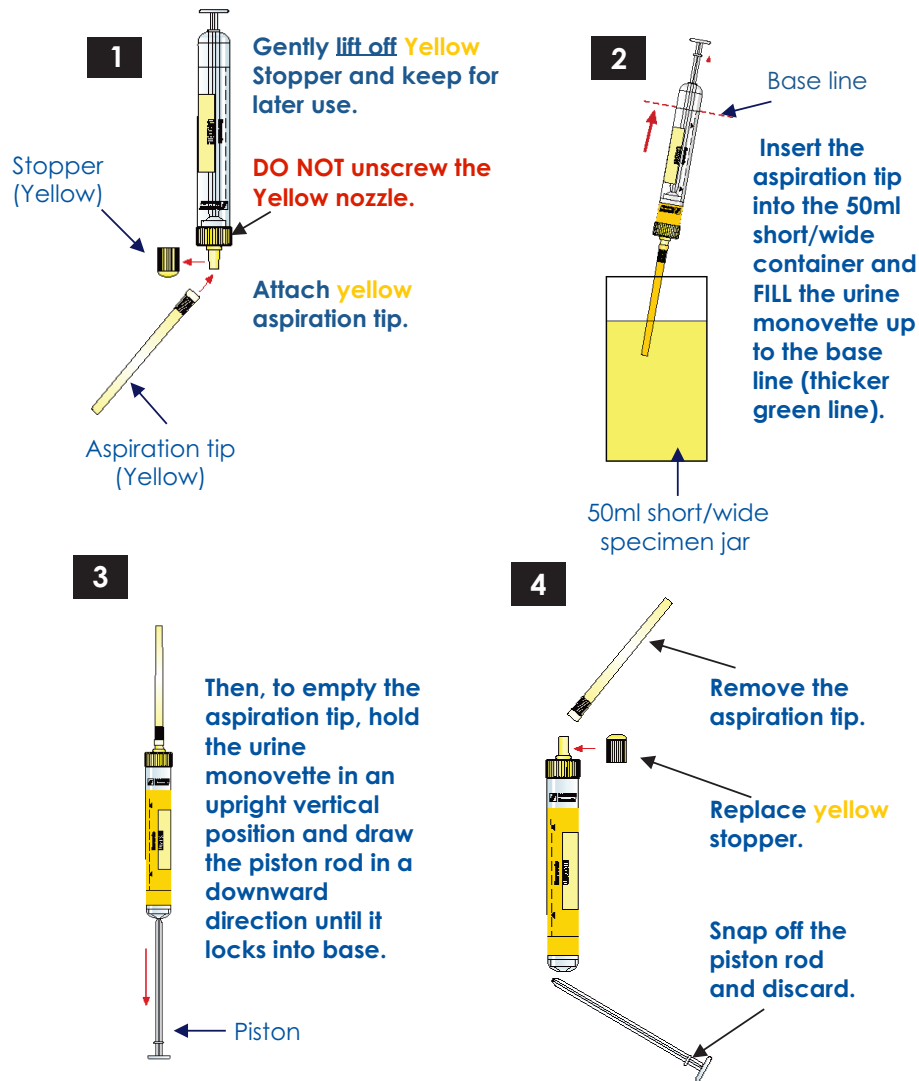


URINE MONOVETTE COLLECTION INSTRUCTIONS



SPOT URINE

Collection Instructions

NZ Version 1: August 2020

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 0800 88 44 33 who will clearly explain the procedure.

Before proceeding, please read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.

IMPORTANT PRE-COLLECTION INFORMATION

If you are collecting a sample for the ORGANIC ACIDS you will need to AVOID the following foods 48 hours prior to collecting the sample:

- Alcohol, coffee, tea, caffeinated drinks, fruit juices
- Avocado, bananas, chocolate, cocoa, cheese, citrus fruits, grapes, kiwi fruit, pineapple, plums, tomatoes, walnuts, pecans and vanilla.

Please consult with your healthcare practitioner beforehand as to the requirement to withhold taking prescription medicines or other supplements prior to collecting a sample.

Thank you for your request. Results will be forwarded to your referring practitioner upon completion. All testing is performed by NutriPATH Pathology.



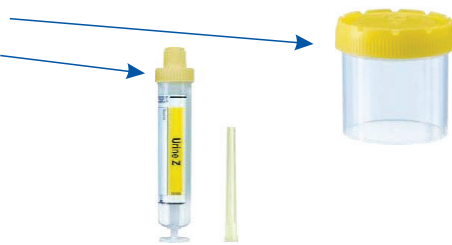
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Spot Urine Collection Kit

KIT CONTENTS:

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 0800 88 44 33.

- 1 x 50ml screw cap container
- 2 x Urine monovettes (yellow)
- 2 x Adhesive stickers
- 1 x Specimen transport bag
- 1 x Courier bag (prepaid)
- 1 x White padded envelope
- 1 x Request form
- 1 x Collection instructions



GENERAL DISCLAIMER

We recommend that you always seek the advice of a qualified health care practitioner regarding any medical or health related diagnosis or treatment before acting on this test information. Nutrisearch does not provide clinical advice on test selection or interpretation of testing for wellness testing to patients, nor does it provide diagnosis, treatment or medical advice. Nutrisearch is not liable to you or anyone else for any loss or negative consequence caused in whole or in part by interpreting, delivering or reporting information through the utilizing of laboratory testing services. In no event shall we be liable to you or any other party for any decisions made or action taken or not taken by you in reliance on such information.

TEST PREPARATION

- DO NOT proceed with sample collection if you are menstruating as this may contaminate the sample.
- If you are experiencing a urinary tract infection, delay collection of specimen until after completing treatment and wait 5 days.
- Note down on the request form if you are taking hormone medication by advising hormone type and application i.e. progesterone cream.

IF THIS A HORMONE COLLECTION:

- **Premenopausal women:** If the goal is to evaluate ovulatory function, collect urine between days 19 and 21 of the menstrual cycle.
- **Menopausal women:** Collect specimen on any day.
- **Women on Hormone Replacement Therapies or oral contraceptives:** Please follow recommendations by your healthcare practitioner. However, if no recommendations have been provided then continue dosing as usual (once or twice daily). Avoid dosing a third time while urine is still being collected.
- **Follow-up testing:** Collect the specimen on the same day of cycle or phase of hormone therapy as the previous sample.

SPECIMEN COLLECTION INSTRUCTIONS

1. Collect your first morning urine into the 50ml screw cap container.
2. Assemble the two yellow urine monovettes as per the diagram on the following page. Collect 2 x 10mls of urine from the small 50ml container and seal the urine monovettes as shown in the diagram.
3. Complete the requested patient information on the two adhesive stickers provided and place the adhesive stickers on the urine monovettes. Ensure that the following is clearly printed on the two adhesive stickers:
 - **Patient first/last name**
 - **Date of Birth**
 - **Date of collection**
 - **Urine volume in monovette**
4. Write the date of collection on your test request form.
5. Place the urine monovettes **into the White Padded bag then** into the sealable section of the specimen transport bag.
6. Place the specimen bag in the freezer for at least 2 hours. Discard the remaining urine from the 50ml container.
7. Ensure that your test request form has been correctly filled out and all patient information is correctly stated. This includes full patient name, date of birth, residential address and telephone number. Once completed, place into the unsealed section of the specimen transport bag.
8. When your sample is ready to be transported, please ring the courier number provided on the pre-paid return bag.
Please advise this is a medical specimen.

Alternatively, you can drop the package to your **nearest agent**. (Record the "customer" number on the front right of the track pack. This is your record to track delivery)