

Step 3:

Ship the specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- Plan to ship the specimen Monday – Friday overnight delivery.
- Call 1.800.GoFedEx (1.800.463.3339) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package”. Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- Lay the bag with urine specimens on top of the freezer brick in the foam box. Secure the foam box lid with the rubber band.
- Slide the foam box back inside the kit box, and place the completed and signed requisition on top before closing. Do not staple or tape the box.
- Print your name and address in the section marked “From” on the prepaid shipping envelope label. DO NOT mark or write in any other sections.
- Put the kit box into the envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.

Optimal Nutritional Evaluation (#87)

Patient Instructions for Urine Collection

IS-3164



Check Your Kit

- A - 1 Foam Insulator Box
- B - 1 Freezer Brick
- C - 1 Rubber Band
- D - 1 Requisition (to be completed and signed)
- E - 1 Prepaid mailing envelope
- F - 2 Blue-top preservative tubes
- G - 1 Green-top preservative tube
- H - 2 Clear-top tubes
- I - 1 Pipette
- J - 1 Absorbent pad
- K - 4 Collection labels

“Bag One” with the following enclosed:

- If any items are missing or expired, call Client Services at 800.522.4762 and press “1”.
- Keep the kit box for shipping the specimen to the lab.

Step 1:

READ BEFORE TESTING

- 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, aminoglycoside antibiotics, amphetamines, antihistamines, cephalosporin-C and cephamycins (e.g. Cefoxitin), cimetidine (Tagamet), fibrates (e.g. Ciprofibrate), penicillin or D-penicillamine, phenothiazine derivatives, and trimethoprim-sulfamethoxazole (Bactrim)]. Let your physician 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 physician*): Non-essential medications including acetaminophen and over-the-counter cold remedies; any 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 physician*) 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, Equal, Spoonful) and monosodium glutamate (MSG), and avoid over-consuming any single food. Otherwise, eat your usual diet. Limit fluid intake to eight 8-ounce glasses of fluid over a 24 hour period.

Schedule & Prepare for the urine collection

- Female patients should not collect urine during a menstrual period.
- **Fast overnight** (at least 8 hours) prior to the urine collection.
- Plan for **Monday-Friday collection only:** Specimens must be received in the laboratory within 24 hours of collection.
- **Contact FedEx and schedule to ship the specimen overnight delivery** Monday - Friday. *Sample MUST be stored frozen at least 2 hours before shipping.*
- **Freeze the enclosed freezer brick** a minimum of 8 hours before shipping.
- **Complete the requisition form** with all patient and billing information. Be sure it is signed by the Patient/Responsible Party and the healthcare provider.

Step 2:

Collecting your urine specimen

Not following these instructions may affect your test results.

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



- 1 Write your full name, time, and date of collection** on each label using a ballpoint pen or pencil only. Attach the labels to all collection tubes.



- 2 After awakening for the day, collect your first morning urine** into a sterile collection cup provided by your physician or a clean, disposable container. After filling the cup, pass any additional urine into the toilet. (*Note: If you wake up to urinate during the night within six hours before your rising time, collect your urine and refrigerate it; then add that refrigerated sample to the urine you collect when you rise for the day.*)



- 3 Use the pipette to transfer urine** from the collection cup into the tubes until all five are nearly full.



- 4 Recap the tubes tightly and shake** the tubes to mix thoroughly.



- 5 Place the filled tubes into the biohazard bag** labeled BAG ONE and freeze a minimum of 2 hours prior to shipping.

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