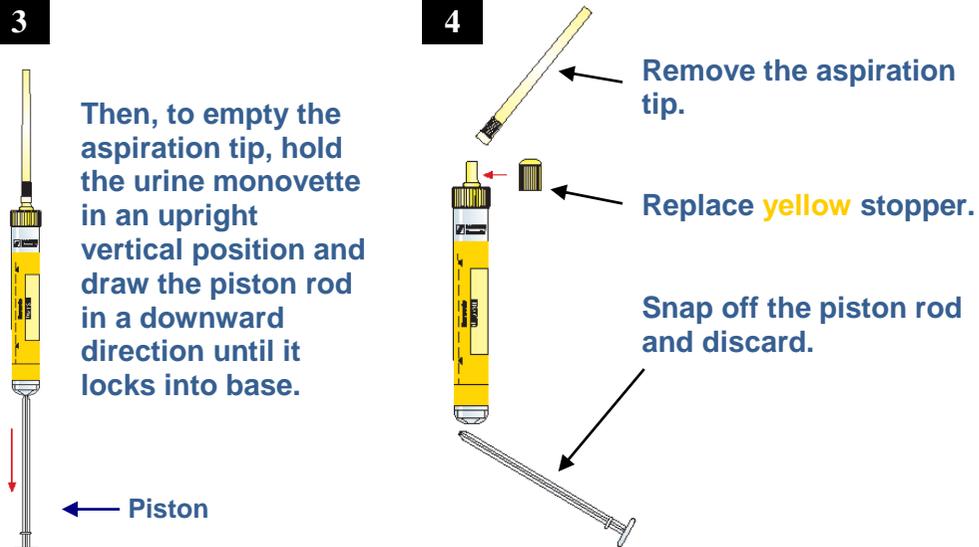


24 HOUR URINE Collection Instructions



5 Complete details on adhesive sticker (full name, date of birth and total volume). Place sticker on monovette. Place urine monovettes into resealable section of specimen transport bag and seal.

6 Complete the information on the request form (patient details and credit card details).

NOTE: Ensure total urine volume collected is noted on request form & date of specimen collection.

7 Place request form and specimen into padded envelope and send to NutriPATH by post.

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the collection procedure for this specimen.

KIT CONTENTS

Please check the contents of this kit. If items are missing OR you have any questions regarding this kit, please contact our Customer Service on 1300 688 522.

1 x Collapsible 24 hour urine bag	1 x Padded post envelope
1 x 50ml screw cap container	1 x Request form
2 x Urine monovettes (yellow)	2 x Adhesive stickers
1 x Specimen transport bag	1 x Collection instructions

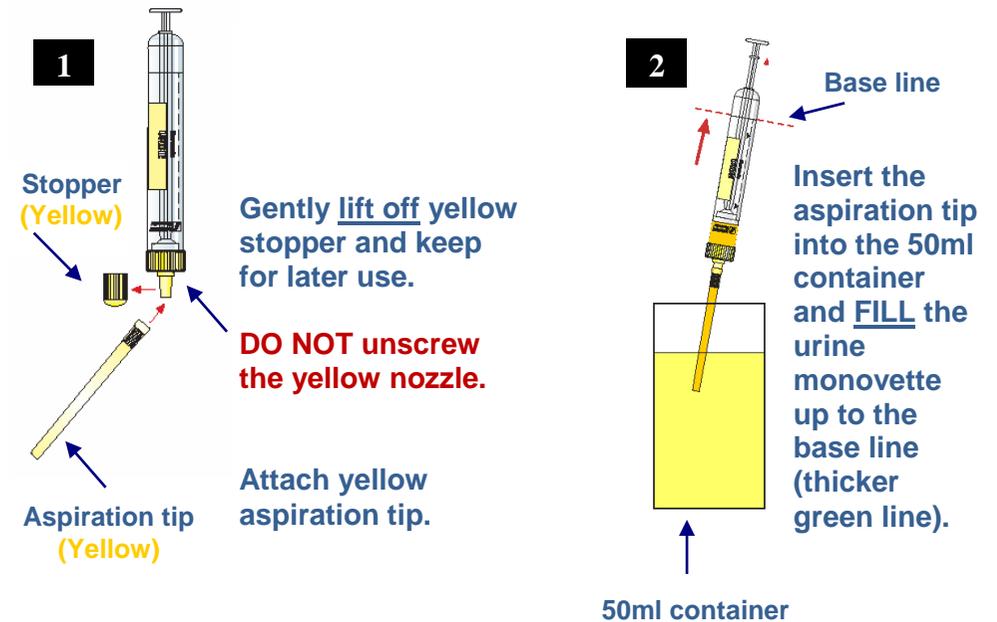
SPECIMEN COLLECTION

1. Begin the 24 hour collection by emptying your bladder of urine into the toilet (preferably first thing in the morning when you wake up). Note the time as this is the starting time of the 24 hour urine collection.
2. For the next 24 hours, collect all subsequent urine that is passed into the 4 litre collection container (collapsible bag). Females may collect their urine in a clean glass/stainless steel bowl and then pour into collapsible bag for ease of collection.
3. The following morning, at the same time as the previous day, collect all of the last sample of urine into the collapsible bag. This completes 24 hour urine collection.

4. **RECORD the TOTAL VOLUME of urine (in mls) in the collapsible bag, in the area provided on the request form.**
5. Pour some urine into the small 50ml container provided.
6. Assemble the yellow urine monovettes as per the diagram on the following pages. Collect 2 x 10mls of urine from the small 50ml container and seal the urine monovettes as shown.
7. Complete the patient's details (full name, date of birth and Total Urine Volume) on the adhesive stickers provided and place the stickers on the monovettes.
8. Place the urine monovettes in the re-sealable section of the Specimen transport bag and close the bag by press-sealing the bag removing any air pockets that may form in the bag as you seal it.
9. Discard the remaining urine from the collapsible bag and small container.
10. Ensure that all sections are completed on the NutriPATH request form. This includes: full patient name, residential address, telephone number, credit card details and test analysis required.
11. Complete the NutriPATH 'Patient Checklist form' to ensure no delays in test results.
12. Place the request slip into the open pocket of the Specimen transport bag.
13. Place this bag into the padded envelope and post back to NutriPATH as soon as possible.

Results will be forwarded to your referring practitioner between 7 to 14 working days, depending on the analyses requested.

URINE MONOVETTE COLLECTION INSTRUCTIONS



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