

EXTENSIVE NEUROTRANSMITTERS Collection Instructions

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 procedure.

IMPORTANT NOTES

You will need to:

- AVOID the following foods 48 hours prior to collecting the sample: coffee, tea, caffeinated drinks, bananas, chocolate, cocoa, citrus fruits, vanilla, MSG and aspartame.
- AVOID strenuous exercise 20 minutes prior to collecting the sample.
- Consult with your healthcare practitioner beforehand as to the requirement to withhold taking prescriptive pharmaceuticals prior to collecting the sample.

KIT CONTENTS

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

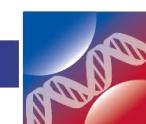
1 x 50ml screw cap container with preservative	1 x Padded post envelope
1 x Urine monovette (yellow)	1 x Patient questionnaire
1 x Adhesive stickers	1 x Request form
1 x Specimen transport bag	1 x Collection instructions



SPECIMEN COLLECTION

1. Collect this urine sample on a **Monday or Tuesday ONLY**.
2. Collect your **SECOND** morning void urine into the 50ml screw cap container. **DO NOT discard the liquid inside this container as it is a preservative.**
3. Assemble the urine monovette as per the attached diagrams. Collect 10ml of urine from the 50ml container. Seal the urine monovette.
4. Complete details on adhesive sticker (full name and date of birth). Place sticker on monovette.
5. Place the monovette in the re-sealable section of the specimen transport bag.
6. Place this bag in a freezer and freeze the sample for 2 hours.
7. Ensure that all sections on the NutriPATH request form are completed. (Full name, D.O.B, residential address, telephone, credit card details and referring practitioner)
8. Complete the patient questionnaire.
9. After at least 2 hours, remove the specimen bag from the freezer.
10. Place the request slip and the questionnaire into the open pocket of the specimen transport bag.
11. Complete the 'NutriPATH Patient Checklist Form' to avoid any delays.
12. Place the specimen transport bag into the Express Post reply paid envelope and post back to NutriPATH the same day.

Thank you for your request, Results will be forwarded to your referring practitioner within 14-17 working days



URINE MONOVETTE COLLECTION INSTRUCTIONS

