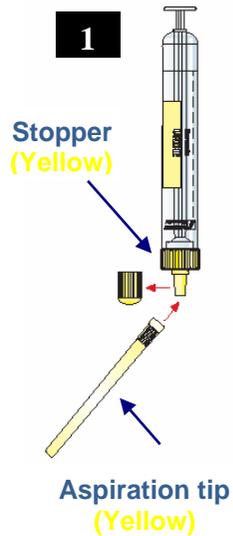
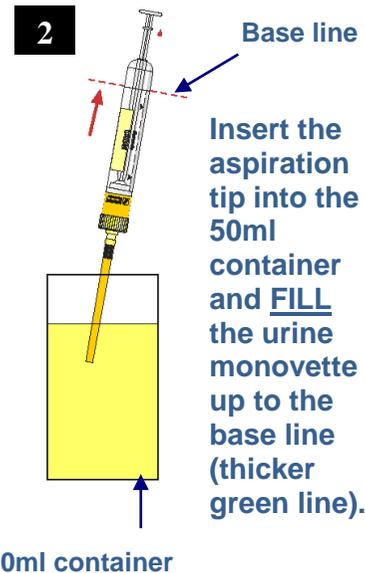


## URINE MONOVETTE COLLECTION INSTRUCTIONS

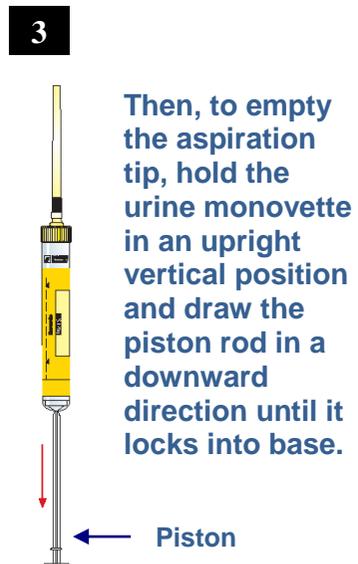


Gently lift off yellow stopper and keep for later use. **DO NOT unscrew the yellow lid.**

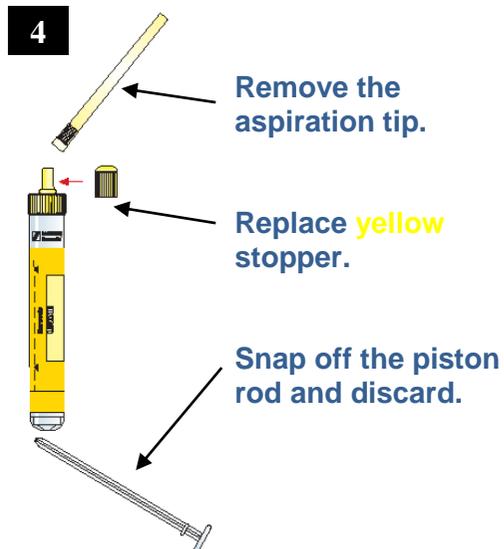
Attach yellow aspiration tip.



Insert the aspiration tip into the 50ml container and FILL the urine monovette up to the base line (thicker green line).



Then, to empty the aspiration tip, hold the urine monovette in an upright vertical position and draw the piston rod in a downward direction until it locks into base.



Remove the aspiration tip.

Replace yellow stopper.

Snap off the piston rod and discard.

## INFLAMMATION PROFILE 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.

**Before proceeding, please check the following guidelines.** Without taking these precautions your results may be inaccurate.

### **IMPORTANT NOTES:**

- Please read all instructions carefully before starting.
- Some people may prefer to have a friend help collect the blood samples.
- Payment must be received with specimen for test to be performed (credit card, cheque or money order).

*If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.*



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## INFLAMMATION PROFILE

### 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         | 1 x Request form            |
| 1 x Urine monovette (yellow) & label | 1 x Padded post envelope    |
| 1 x Sterile alcohol wipe             | 1 x Specimen transport bag  |
| 1 x Lancet (single use only)         | 1 x Collection instructions |
| 1 x Test card (5 circles)            | 1 x Adhesive plaster        |

### FINGERPRICK BLOOD SPECIMEN COLLECTION

1. Remove the test card from the plastic bag and write your name and date of birth on the test card.
2. Wash hands thoroughly in warm water. Run hands under warm water for 1 minute and dry thoroughly.
3. Choose the tip of finger or thumb to perform test and wipe puncture site with alcohol wipe. Allow to dry without touching again. Keep the alcohol wipe close by.
4. For steps 5-9 we strongly recommend having someone assist you in order to get best results. Before helping, a glove should be worn by family or friends assisting with the finger prick.
5. Hold lancet at larger end and twist off smaller purple protective cap. (NOTE: Do not use lancet if protective cap has been previously removed.)
6. Lightly press the smaller end of lancet against the fingertip and press the larger purple button. If done correctly a 'click' should be heard and a brief prick should be felt. The lancet automatically retracts after use.  
**No chance for repeat use of lancet.**
7. Press the finger firmly from below the puncture site to let out a drop of blood. Wipe off first drop of blood with the alcohol wipe and discard.

## COLLECTION KIT



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8. Squeeze puncture site gently so that drops of blood form and allow it to fall on the first circle on the blood spot card. Collect enough blood so the 5 circles on the test card are completely soaked with blood and there is no more white area showing.
9. Set the test card down on a clean surface and allow to air dry for 3 hours. **DO NOT APPLY HEAT.**
10. When dry, place the test card into small specimen container bag and then into the re-sealable section of the specimen transport bag.

### SPOT URINE SPECIMEN COLLECTION

1. Collect your first morning urine into the 50ml screw-capped container.
2. Assemble the yellow urine monovette as per the diagram on the following page. Collect 10mls of urine from the 50ml container and seal the urine monovette as shown.
3. Complete the patient's details (full name and date of birth) on the adhesive label provided and place the label on the monovette.
4. Place the urine monovette in the re-sealable section of the specimen transport bag with the blood spot card, and close the bag by press-sealing the bag removing any air pockets that may form in the bag as you seal it.
5. Complete all sections on the request form (patient name, address, date of birth and credit card details) and place the request form in the open compartment of the specimen transport bag.
6. Place this bag into the provided reply paid envelope and post back to NutriPATH as soon as possible.

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