



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

6 Complete the information on the request form. (Patient details, credit card details).

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

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

URINE IODINE LOADING TEST

(urine spot *and* 24hr urine)

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

Before proceeding, please read and follow the instructions carefully. This test will involve two (2) urine collections.

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 Iodine/Iodide tablet (50mg)
1 x 50ml urine container (yellow)
1 x 24 hour urine container (collapsible)
2 x Urine monovettes

1 x Padded post envelope
1 x Specimen transport bag
2 x Adhesive stickers
1 x Request form
1 x Collection instructions



IODINE LOADING TEST COLLECTION KIT



SPECIMEN COLLECTION

MORNING VOID COLLECTION:

1. Collect your first morning void into the 50ml yellow screw cap container.
2. Assemble the first urine monovette as per the attached diagram. Collect 10ml of urine from the 50ml container. Seal the urine monovette.
3. Tip the remaining urine from the 50ml container into the toilet.
4. Complete details on adhesive sticker (full name, date of birth). Label this as the 'SPOT' urine. Place sticker on the monovette.
5. Put monovette into the re-sealable section of the specimen transport bag and place in the freezer.

24 HOUR URINE COLLECTION:

6. After collecting the spot urine sample, swallow the Iodine tablet with a glass of water. Note the time as this is the starting time of your 24 hour collection.
7. Collect all subsequent urine for the next 24 hours into the 4 litre collapsible bag. Females may use clean glass/stainless steel bowl to collect and pour into collapsible bag after each urination.
8. The following morning collect the last sample of urine into the collapsible bag. This completes your 24 hour urine collection.
9. **RECORD THE TOTAL VOLUME OF URINE (in mls)** on the request form.
10. Assemble the second urine monovette as per the attached diagrams. Collect 10ml of urine from the 24 hour urine container. Seal the urine monovette.

11. Complete details on adhesive sticker (full name, date of birth and total volume of urine collected in mls). Label this as the '24HR' urine. Place sticker on monovette.
12. Place this second urine monovette with the other urine monovette 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. Allow it to freeze for at least 2 hours.
13. Discard the urine from the collapsible bag and small container.
14. Ensure that the NutriPATH Request form is completely filled out. This includes, full patient name, date of birth, Residential address and telephone number.
15. Complete the "NutriPATH Patient Checklist Form" to ensure no delays in test results.
16. After 2 hours remove the specimen bag from the freezer. Place the request slip into the open pocket of the specimen transport bag.
17. Place the specimen transport bag into the Express Post reply paid envelope and post back to NutriPATH that same day.

URINE MONOVETTE COLLECTION INSTRUCTIONS

