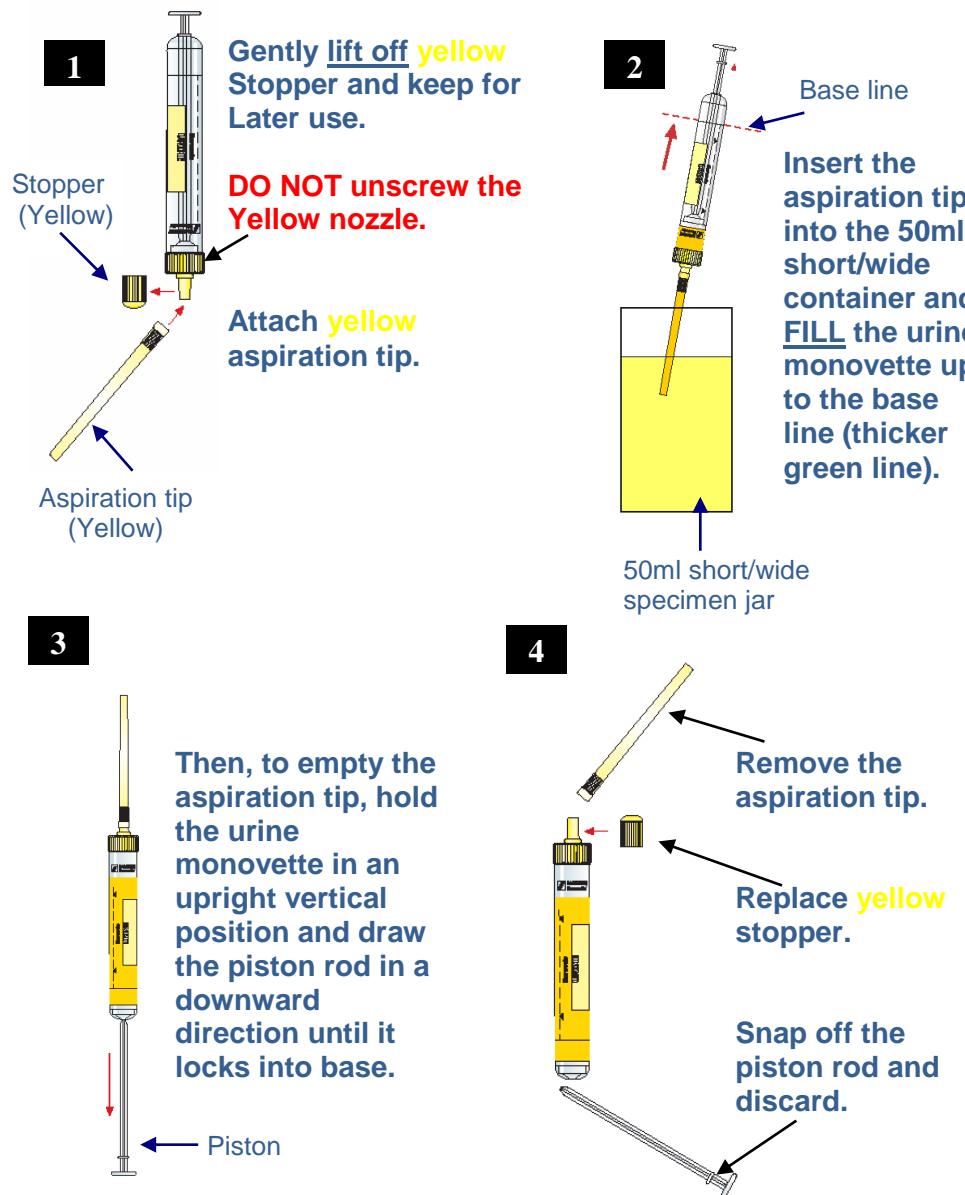




## URINE MONOVETTE COLLECTION INSTRUCTIONS



## KRYPTOPYRROLES (MAUVE FACTOR) Collection Instructions

**COLLECTION DATES- SUNDAY- WEDNESDAY ONLY**

### 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**

- **DO NOT** proceed with the test if you are menstruating.
- **ALL** nutritional supplementation must be stopped 4 days prior to testing especially **AVOID** zinc, vitamin B6, magnesium, manganese, Evening Primrose Oil. Check with your practitioner regarding other supplements.
- Protein powders must also be stopped 4 days prior to testing
- **DO NOT** take any protein powders 4 days prior to testing.
- Ensure you are adequately hydrated before collecting the sample.
- The specimen jar contains a powdered preservative. **DO NOT** discard the powder in specimen jar.
- Wash hands thoroughly before performing test.
- **The Sample must be collected in a dark room with minimal light.**

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.



## 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 jar (short/wide)	2 x Adhesive labels
1 x 50ml screw cap tube (tall/thin)	1 x Specimen transport bag
1 x Urine monovette (yellow)	1 x Collection instructions
1 x sheet aluminium foil	1 x NutriPATH Request form
1 x Collection Centre Corporate Request Form	

**Prior to commencing the urine collection, please complete all sections of the patient Kryptopyrrole questionnaire.**

## SPECIMEN COLLECTION

1. Collect the urine sample on either a **Sunday to Wednesday ONLY**.
2. Prior to entering a dark room, Label both the Yellow urine monovette and the 50ml (tall thin) collection container with the 2 adhesive labels provided in the test kit.

### **Follow Steps 3-7 CAREFULLY (IN A ROOM WITH MINIMAL LIGHT)**

3. In order to get the most accurate results, the collection of urine will need to be done in a **dark room** with minimal to no lighting.
4. Collect a urine sample from the **second void** of urine of the day into the 50ml short/wide jar.
5. Pour some of the urine sample into the 50ml **tall/thin** tube so that the **tall/thin** tube is two thirds ( $\frac{2}{3}$ ) full. **DO NOT remove or discard the powder.** The powder is ascorbate and is used to preserve/stabilize the quality of the urine.
6. Replace the lid of the tall/thin tube and secure tightly. Ensure the tube is wiped clean.

## COLLECTION KIT

7. **Completely wrap the tall thin tube immediately in aluminium foil to protect the specimen from light before exiting the room, place it into the specimen bag and then place it directly into the freezer. Freeze the sample overnight.**

8. Assemble the yellow urine monovette according to the instructions on the next page and collect 10mls of urine from the urine remaining in the 50ml short/wide jar. The monovette does not need protection from light. Also place this specimen into the freezer.
9. The following morning, remove both frozen specimens from the freezer and place them into the re-sealable section of the specimen transport bag.
10. Ensure that the original NutriPATH request form is completely filled out Including full name, date of birth, residential address, contact number, test analysis/required and credit card details.
11. Place both the NutriPATH request form and the patient completed **Kryptopyrrole questionnaire** into the non- sealable section of the specimen bag.
12. **Whilst the samples are still frozen**, Drop them off at either one of the following collection center's that is closest to you:
  - Melbourne Pathology collection centre (VIC)
  - QML collection centre (QLD)
  - Douglass Hanly Moir collection centre (NSW)
  - Clinipath collection centre (WA)
  - Hobart Pathology collection centre (TAS)

**When dropping off the specimens please show the pathology collector nurse the Corporate Collection form included in the test kit.**

13. For tracking purposes, email [info@nutripath.com.au](mailto:info@nutripath.com.au) the following details:
  - >The collection Centre you attended:
  - > Patient name:
  - > Test name:
  - > Practitioner name: