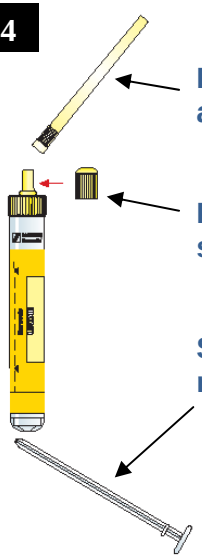
NutriPATH

3

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.

4



Remove the aspiration tip.

Replace yellow stopper.

Snap off the piston rod and discard.

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 Ensure all details on the NutriPATH request form have been completely filled out prior to sending samples back to avoid delays in test results.

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 7 to 14 working days, depending on the analyses requested.

NutriPATH

Phone: 1300 688 522

SPOT 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

IF you are collecting a sample for the ORGANIC ACIDS you will need to AVOID the following foods 48 hours prior to collecting the sample:

- **Alcohol, coffee, tea, caffeinated drinks, fruit juices;**
- **Avocado, bananas, chocolate, cocoa, cheese, citrus fruits, grapes, kiwifruit, pineapple, plums, tomatoes; Walnuts, pecans and vanilla.**

CONSULT with your healthcare practitioner beforehand as to the requirement to withhold taking prescription medicines or other supplements prior to collecting a sample.

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

PO Box 442, Ashburton, VIC, 3147

SPOT URINE COLLECTION KIT

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.

SPECIMEN COLLECTION

1. Collect your first morning urine into the 50ml screw capped container.

2. 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.

3. Complete the patient's details (full name and date of birth) on the adhesive stickers provided and place the stickers on the monovettes.

4. **Write the date of collection on the NutriPATH request form.**

5. 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.

6. Place the specimen bag in the freezer for at least 2 hours. Discard the remaining urine from the 50ml container.

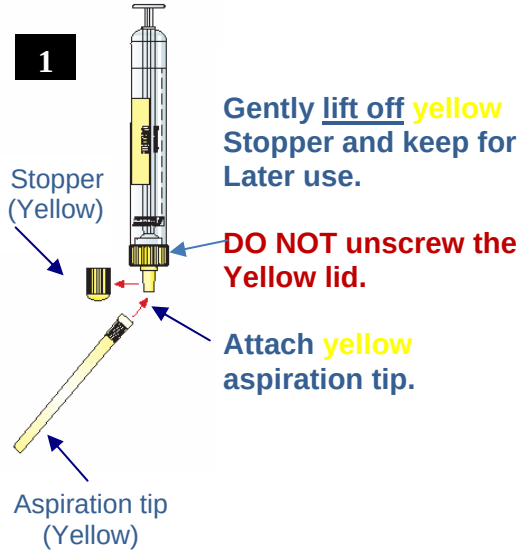
7. Ensure that the original NutriPATH request form is completely filled out including patient full name, date of birth, residential address, contact number, test analysis/required and credit card details.

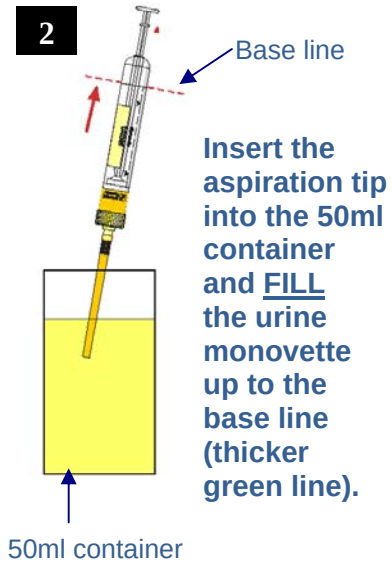
8. Please complete the 'NutriPATH Patient Checklist Form' prior to sending samples for testing to ensure no delays in test results.

9. After 2 hours remove the specimen bag from the freezer and place the request slip into the open pocket of the specimen transport bag.

10. Place this bag into the Express Post padded envelope and post back to NutriPATH that same day.

URINE MONOVETTE COLLECTION INSTRUCTIONS





Continued over page…