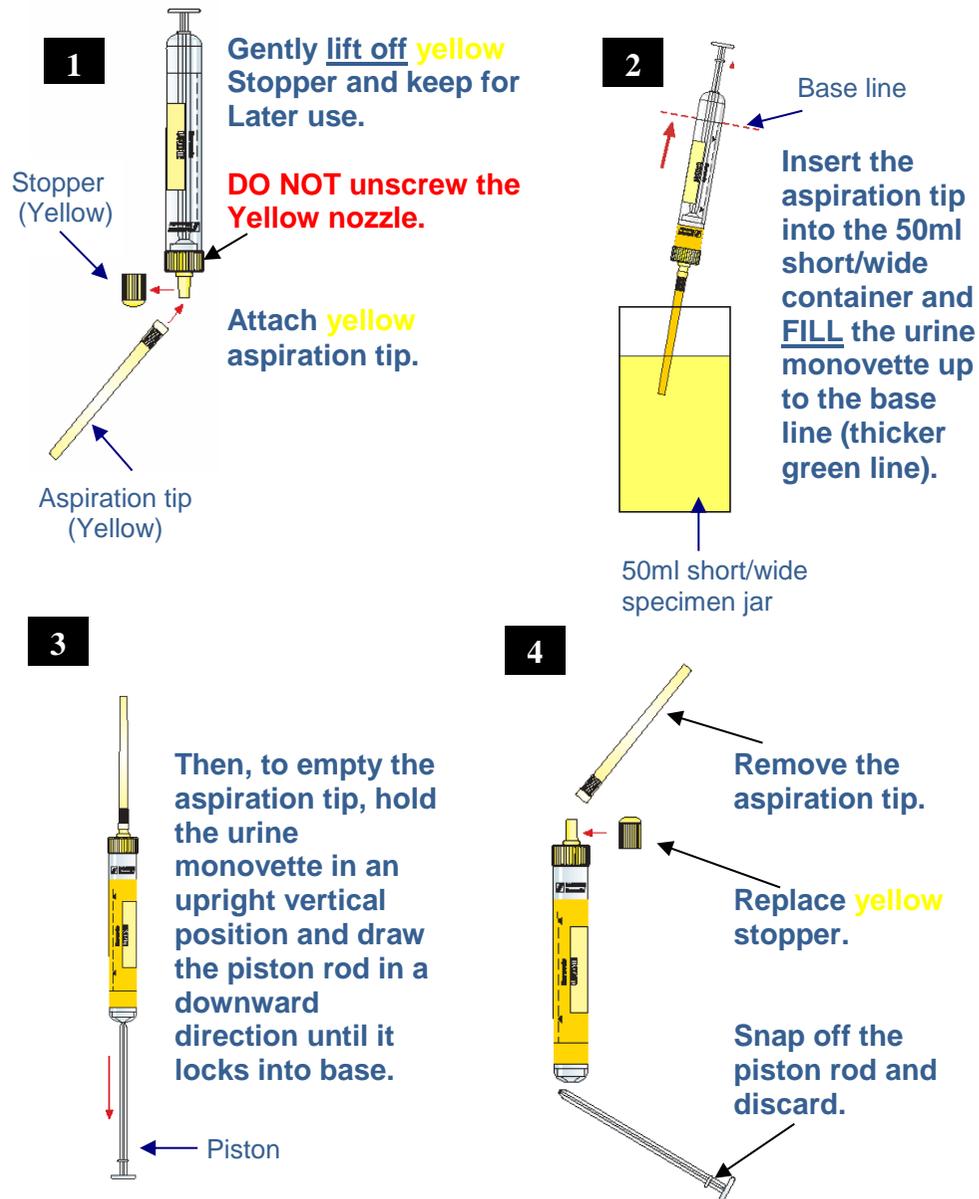


URINE MONOVETTE COLLECTION INSTRUCTIONS



KRYPTOPYRROLES (MAUVE FACTOR) Collection Instructions

COURIER COLLECTION DATES- TUESDAY- THURSDAY 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/sports drinks must also be stopped 4 days prior to testing
- Decrease your fluid intake the night before and on the day of collection.
- The light protected specimen jar contains a powdered preservative. **DO NOT** discard the powder in the jar as this is a stabilizer.
- Wash hands thoroughly before performing test.
- The Sample must be collected in a dark room with minimal to no 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.



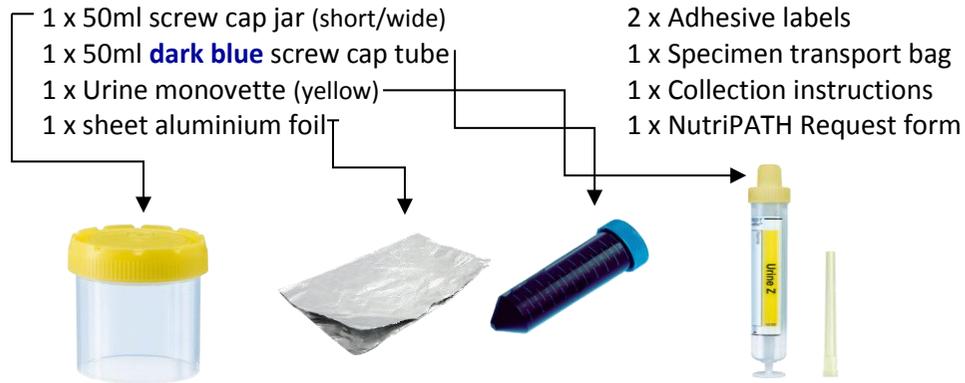
NutriPATH

KRYPTOPYRROLES (MAUVE FACTOR)

COLLECTION KIT

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.



BOOKING A TIME SENSITIVE COURIER COLLECTION:

48 hours prior to your proposed courier collection date: visit www.nutripath.com.au for a time sensitive courier collection. (Please note: Courier collections should be made for a collection on Tuesday, Wednesday or Thursday ONLY)

- > Click on the **'I am a patient'** tab located at the top of the home page.
- > Click on **'Book a time sensitive courier collection'**
- > Provide all requested details for a booking.

Once you submit your details, a NutriPATH representative will be in touch with you to confirm your pick up booking collection via email.

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

SPECIMEN COLLECTION

1. Collect the urine sample one or two days prior to your scheduled courier collection on either a **Sunday to Wednesday ONLY** so that a courier collection can be made for Tuesday, Wednesday or Thursday to ensure optimal transportation back to the laboratory.
2. Prior to entering a dark room, Label both the Yellow urine monovette and the **dark blue** screw cap tube 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 test results, the collection of urine will need to be collected in a **dark room** with minimal to no lighting.
4. Collect a urine sample from the **second** urine of the day into the 50ml screw cap jar (short/wide jar).
5. Immediately pour some of the urine into the 50ml **dark blue screw cap** tube until it is two thirds ($2/3$) full. **DO NOT remove or discard the powder.** The powder is ascorbate and is used to preserve/stabilize the quality of the urine which is contained in the 50ml **dark blue screw cap**.
6. Replace the lid of the 50ml **dark blue screw cap** tube and secure tightly. Ensure the tube is wiped clean.
7. Shake the 50ml **dark blue screw cap** container to ensure that the urine has mixed thoroughly with the ascorbic acid powder.
8. **Completely wrap the dark blue screw cap container with the aluminium foil provided.** Place the sample into the **sealable section** of the specimen transport bag and then place it directly **into the freezer immediately.**
9. 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 **sealable section** of the specimen transport bag and then into the freezer.
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. Leave the urine specimens in the freezer until the dry ice arrives with the Time sensitive courier, and transfer the specimens thereafter.