

Test Preparations:

- **DO NOT** proceed with testing if you are menstruating as this may contaminate the sample.
- If you are experiencing a urinary tract infection, delay collection of specimen until after completing treatment.
- If this is a repeat test **POST** treatment, please note it down on the questionnaire form.

EXTENSIVE NEUROTRANSMITTERS 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

You will need to:

- **AVOID** the following foods 48 hours prior to collecting the sample: coffee, tea, caffeinated drinks, bananas, chocolate, cocoa, citrus fruits, vanilla, MSG and aspartame.
- **AVOID** strenuous exercise 20 minutes prior to collecting the sample.
- **Consult with your healthcare practitioner beforehand as to the requirement to withhold taking prescriptive pharmaceuticals prior to collecting the sample.**

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 with preservative | 1 x Padded post envelope |
| 1 x Urine monovette (yellow) | 1 x Patient questionnaire |
| 1 x Adhesive stickers | 1 x Request form |
| 1 x Specimen transport bag | 1 x Collection instructions |



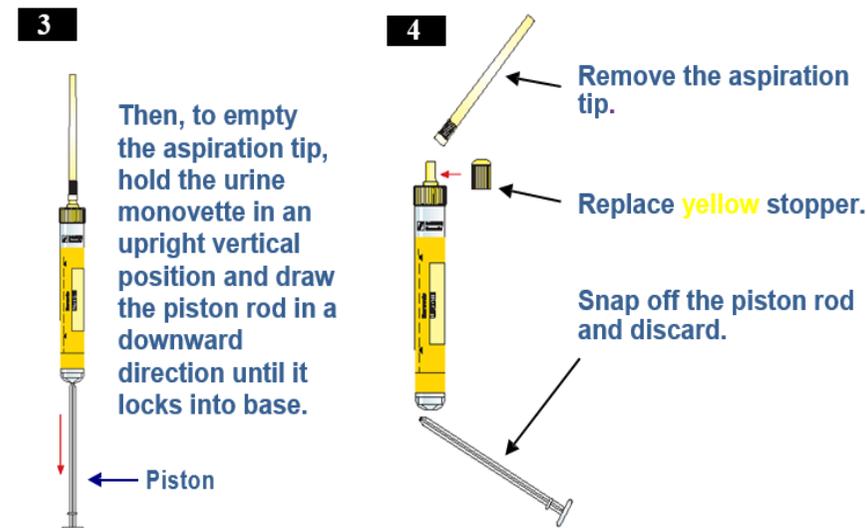
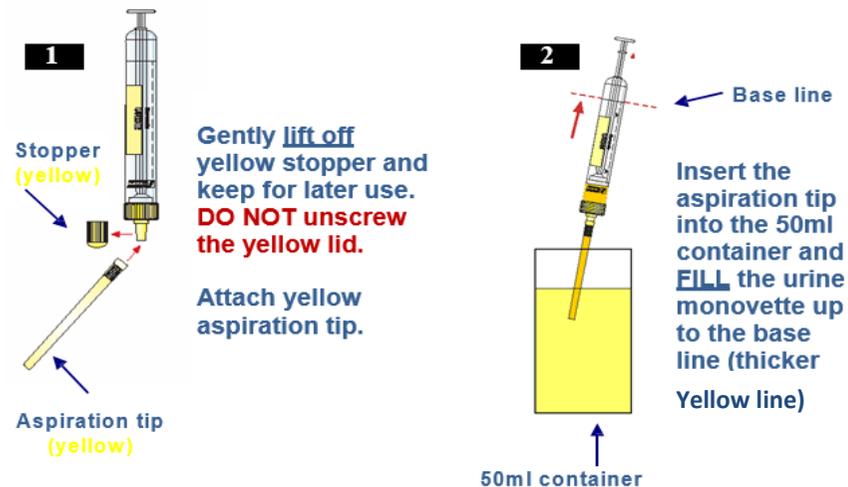
SPECIMEN COLLECTION

1. The 50ml screw cap container contains a liquid- **DO NOT DISCARD THIS LIQUID.**
2. Collect your second morning urine into the 50ml screw cap container.
3. Assemble the yellow urine monovette as per the diagram on the following page. Collect 1 x 10ml monovette of urine from the small 50ml screw cap container and seal the urine monovette as shown in the diagram.
4. Complete the requested patient information on the adhesive sticker provided and place the sticker on the yellow urine monovette. Clearly print the following:
 - Patient first/last name
 - Date of Birth
 - Date of collection
 - Urine volume
5. **Complete the patient questionnaire form provided in the collection kit.**
6. Place the 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.
7. Place the specimen bag in the freezer for at least 2 hours. Discard the remaining urine from the 50ml screw cap container.
8. Ensure that the original NutriPATH request form issued by your healthcare practitioner is completely filled out and all details listed are correct.
9. Please complete the 'NutriPATH Patient Checklist Form' prior to sending samples for testing to ensure no delays in test results.
10. After 2 hours remove the specimen bag from the freezer and place the completed request slip and questionnaire into the non-sealable section of the specimen transport bag.
11. Place the specimen transport bag into the Express Post padded envelope and post back to NutriPATH that same day.



COLLECTION KIT

URINE MONOVETTE COLLECTION INSTRUCTIONS



Thank you for your request, Results will be forwarded to your referring practitioner between 12-15 working days depending on the analyses requested