

# O.N.E PROFILE

## OPTIMAL NUTRITION EVALUATION

### Collection Instructions (IP)

#### 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**

- **4 days prior to sample collection all supplements including protein powders must be discontinued.**
- **2 days before the test discontinue creatine, alpha-ketoglutarate, and malic acid supplements, as well as citrate, malate or orotate forms of minerals.**
- **24 hours before the test avoid eating or drinking any products that contain aspartame, MSG, or over consume a particular food.**
- **Continue your usual diet and limit your fluid intake to avoid a dilute sample.**
- **Female patients should not collect urine during a menstrual period.**
- **Fast overnight (at least 8 hours) prior to the urine collection.**

**Consult with your healthcare practitioner beforehand as to the requirement to withhold taking prescriptive pharmaceuticals 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 Urine Collection Cup	1 x Request form
2x Green top urine tubes	3 x Adhesive stickers
1 x 15ml Blue-Cap Amber tube	1 x Collection instructions
1 x 3ml transfer pipette	1x Esky for transportation
1 x Specimen transport bag	
1 x Ice Pack	



*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: MONDAY OR TUESDAY COLLECTION ONLY**

1. The night before collecting your urine sample, freeze the ice pack.
2. Collect your first morning urine into the 50ml urine collection cup
3. Use the 3ml transfer pipette to transfer 12ml of urine from the collection cup to the blue-cap amber tube.
4. Re-cap the blue-cap amber tube and shake the tube to ensure the urine has mixed thoroughly.
5. Label the blue-cap amber tube with the patient's full name and date of Birth.
6. Place the blue-cap amber tube into the specimen bag and freeze the sample until ready to transport via TNT Express.
7. Repeat the above process of steps 3-6 for the green top urine tubes.
8. Discard the remaining urine and the 50ml Urine collection cup.
9. 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.
10. After 2 hours remove the specimen bag from the freezer and place the request slip into the open pocket of the specimen transport bag. Wrap the specimen bag around the ice pack and place it into the esky.
11. Sign and date the TNT consignment note. DO NOT alter any of the other consignment note details. Call TNT on 13 11 50 and listen to the service options.
12. Press 1 for "Domestic Express Services"
13. "To book a collection" Press 1.
14. After the automated operator stops speaking say "HELP" to be through Connected to a customer service member.
15. The operator will ask for the service type which is "Overnight Express".
16. Account number to be charged is 30004851- NutriPATH Pathology
17. Provide the operator with your pick up details e.g. Address etc.
18. The description of goods is "medical kit" NON Dangerous.

***'Thank you for your request, Results will be forwarded to your referring practitioner between 14-16 working days, depending on the analyses'***