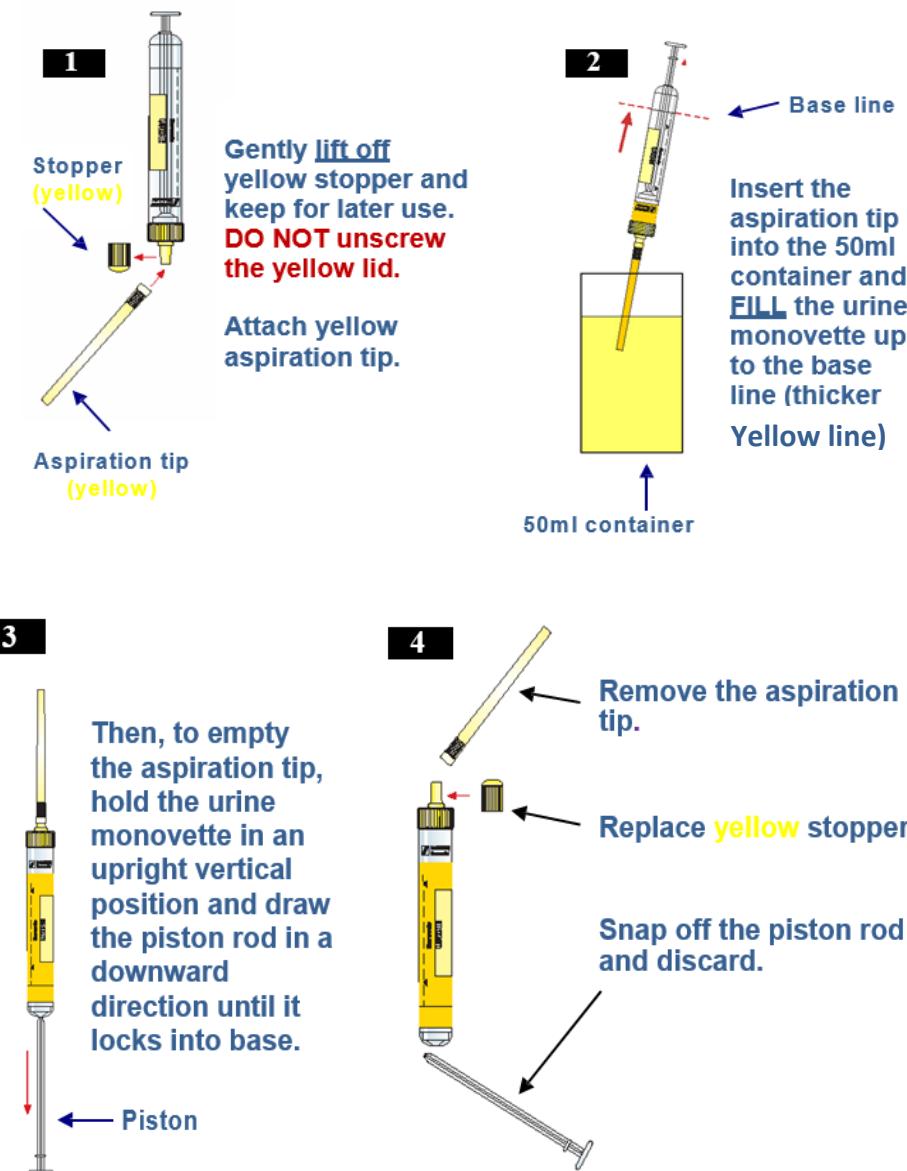


URINE MONOVETTE COLLECTION INSTRUCTIONS



URINE IODINE LOADING TEST

(Urine spot and 24hr 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

- Before proceeding, please read and follow the instructions carefully.
This test will involve two (2) urine collections.
- DO NOT eat seafood four (4) days prior to the challenge test as this may affect the test results.
 - DO NOT proceed with testing if you are menstruating as this may contaminate the sample.
 - STOP taking Iodine nutritional supplementation (2) day prior to testing unless advised otherwise.
 - IMPORTANT: Please ensure you have labelled correctly your PRE URINE and POST URINE samples.

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 Iodine/Iodide tablet (50mg)
1 x 50ml urine container (yellow)
1 x 24 hour urine collapsible bag
2 x 10ml Urine monovettes (yellow)
1 x Collection instructions

1 x Padded post envelope
1 x Specimen transport bag
2 x Adhesive stickers
1 x Request form
1 x Patient checklist form



IODINE LOADING TEST

SPOT URINE MORNING COLLECTION (PART ONE):

1. Collect your first morning urine into the 50ml yellow screw cap container.
2. Assemble the ***first yellow urine monovette*** as per the attached diagram. Collect 10mls of urine from the 50ml yellow screw cap container and seal the urine monovette as illustrated in the diagram.
3. Discard the remaining urine from the 50ml yellow screw cap container into the toilet.
4. Complete requested details on one of the adhesive stickers with the following information: **(full name, date of birth and date of collection)**. Label this sticker as the '**PRE-SPOT URINE**'. Place sticker on the completed urine monovette prior to proceeding.
5. Place the **PRE-SPOT URINE** monovette into the re-sealable section of the specimen transport bag and place it in to the freezer until ready to ship the sample back to the laboratory. Ensure this sample is labelled as '**PRE**'

24 HOUR URINE COLLECTION (PART TWO):

6. Within 30 minutes of completing the PRE-SPOT urine sample, swallow the Iodine tablet with a glass of water. Note the time as this is the starting time of your 24 hour urine collection. You may note the starting time here: _____
7. For the next 24 hours, collect all subsequent urine into the 24 hour urine collapsible bag. Females may use the additional 120ml plastic clear cup provided to collect urine and then carefully transfer the urine into the 24-hour urine collapsible bag after each urine collection.
8. The following morning collect all urine including the **first morning urine** into the 24 hour urine collapsible bag. Continue to collect all urine until you reach your 24 hour period of collection which is the noted time on the previous day in step 6. This will complete your **POST -24 hour** urine collection.

COLLECTION KIT



9. After your 24 hour urine collection, hold the 24 hour urine collapsible bag up from each corner and **accurately read** the total urine volume collected from the graduated scale on the bag.
NOTE THE TOTAL URINE VOLUME ON THE REQUEST FORM i.e. 2000mls.
10. Mix the urine vigorously in the bag so that the urine has been well mixed.
11. Assemble the ***second yellow urine monovette*** as per the attached diagram. Collect 10ml of urine from the 24 hour urine collapsible bag and seal the urine monovette as illustrated in the diagram.
12. Complete details on the second adhesive sticker with the following information: (Full name, date of birth, date of collection & **TOTAL URINE VOLUME i.e. 2000mls**). Label this sticker as the '**'POST-24 HOUR'** urine. Place sticker on the monovette.
13. Place this second yellow urine monovette with the other yellow 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. Allow samples to freeze until ready to ship.
14. Discard the urine from the collapsible bag and small container.
15. Ensure that your original NutriPATH request form issued by your healthcare practitioner has been completely filled out. This includes, full patient name, date of birth, residential address and telephone number.
16. Complete the 'NutriPATH Patient Checklist Form' to ensure no delays in test results.
17. After 2 hours remove the specimen bag from the freezer. Place the request slip into the open pocket of the specimen transport bag.
18. Place the specimen transport bag into the Express Post reply paid envelope and post back to NutriPATH that same day.

Thank you for your request, Results will be forwarded to your referring practitioner between 5-7 working days depending on the analyses requested