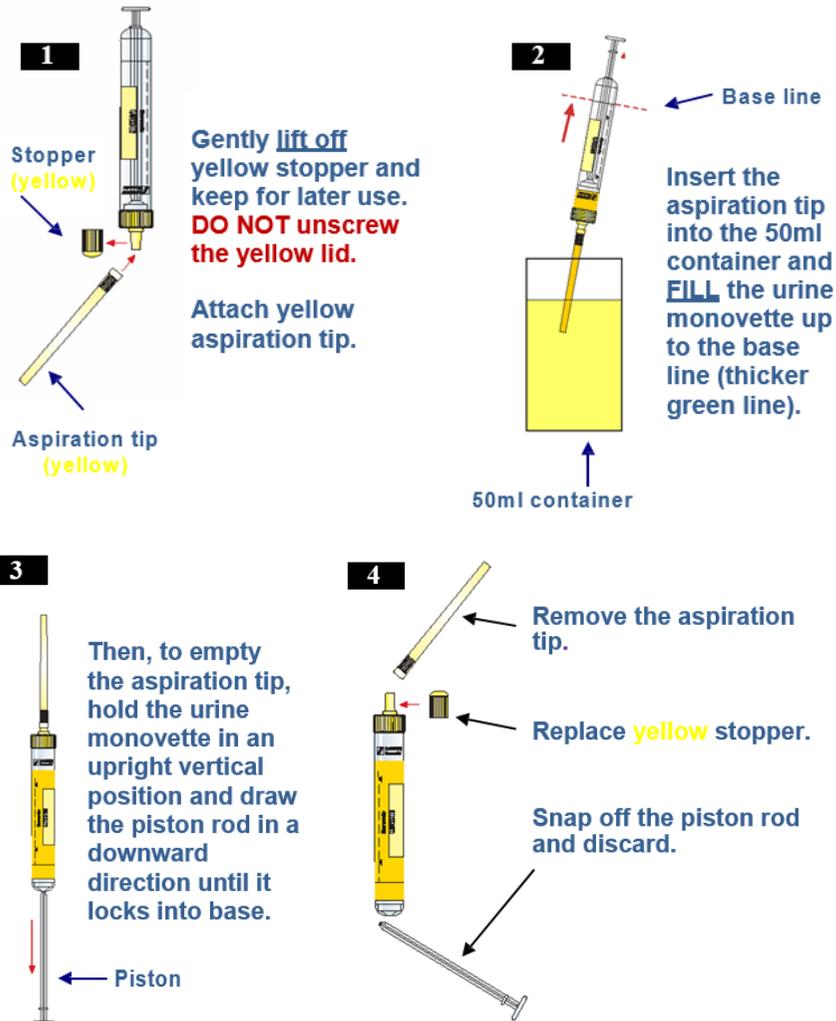


URINE MONOVETTE COLLECTION INSTRUCTIONS



OXIDATIVE DAMAGE MARKERS COMPREHENSIVE Collection Instructions

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service Staff on 1300 688 522 who will clearly explain the procedure.

Important Notes:

- Please fast for a minimum of 8-10 hours prior to sample collection.
- **DO NOT** collect the sample if you are menstruating.
- Collect samples on either **Monday, Tuesday or Wednesday.**

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 EDTA Vacutainer (purple top) | 1 x Request form |
| 1 x Cardboard transport cylinder | 1 x Collection instructions |
| 1 x Urine monovette (yellow) | 1 x 50ml screw-cap container |
| 1 x Specimen transport bag | 1 x Adhesive label |

SPOT URINE SPECIMEN COLLECTION

1. Collect your first morning urine into the 50ml screw capped container.
2. Assemble the yellow urine monovette as per the diagram on the following page.
3. Collect 10mls of urine from the small 50ml container into the urine monovette.
4. Seal the urine monovette as shown in diagram (steps 3 and 4) on the following page.
5. Complete the patient's details (full name and date of birth) on the adhesive sticker.
6. Place the sticker on the yellow urine monovette for patient sample identification.
7. Once the urine sample has been complete, please proceed to blood collection.



NutriPATH

SPOT URINE & BLOOD

BLOOD SPECIMEN COLLECTION

1. NutriPATH has blood collection arrangements in place with the following laboratories in each state:

- ACT Capital Pathology
- NSW Douglass Hanly Moir Pathology
- QLD QML Pathology
- SA Clinpath Pathology
- TAS Hobart or Launceston Pathology
- VIC Melbourne Pathology
- WA Clinpath Pathology
- NT Western Diagnostics Pathology

A list of local collection centres can be located via NutriPATH webpage.

For a complete list of blood collection sites, visit www.nutripath.com.au

- Click on 'I am a Patient'
- Click on 'Collection Centres Australia Wide'
- Select your State
- Click on 'See State Area Locations'

The pathology collection centre SHOULD NOT charge you for a blood collection fee as NutriPATH hold a corporate collection account.

In the event that the pathology collector is unsure of the collection procedure, please contact NutriPATH on 1300 688 522.

Please note: a \$33.00 blood collection fee will be charged by NutriPATH

PRACTITIONER INFORMATION STEPS 2-4:

2. Give the patient a completed NutriPATH request form and **Oxidative Damage Marker NutriPATH** test kit.
You must write on the request slip:
'Please on-refer all samples for all testing to NutriPATH, Melbourne'.
3. The client will go to the nearest pathology collection centre or pathology laboratory (as above) to have their blood sample collected.
4. The pathology collector should hand all specimens over to the patient after they have been collected.

COLLECTION KIT



NutriPATH

PATHOLOGY COLLECTOR INSTRUCTIONS STEPS 5-7:

5. The pathology collector must **collect FULL VIAL/S** of blood that has been provided in the NutriPATH collection kit. The blood **MUST** be collected using the tube/s provided inside this collection kit.
6. The pathology collector should hand all specimens over to the patient after they have been collected.
7. Place the blood sample and 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.

PATIENT INFORMATION STEPS 8-11:

8. Ensure that all sections on the NutriPATH request form are completely filled out. This includes (patient name, date of birth, residential address, credit card details and test analysis/required).
9. Complete the NutriPATH 'Patient checklist form' prior to sending the samples back to the laboratory to ensure no delays in test results.
10. Place your original NutriPATH completed request form issued by your healthcare practitioner into the **cardboard transport cylinder** neatly which should be surrounding the blood specimen tube and urine sample in the plastic container.
11. Seal the container and transport the samples to your nearest Australia Post outlet or yellow express post bin.

DO NOT REMOVE ANY BARCODES FROM THE TRANSPORTATION CYLINDER, IF YOU WISH TO TRACK YOUR SAMPLE PLEASE NOTE IT DOWN.

Thank you for your request, Results will be forwarded to your referring practitioner between 7 to 14 working days, depending on the analyses requested.