

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.
- Note down on the request form if you are taking hormone medication.

If this a hormone collection:

- Premenopausal women: If the goal is to evaluate ovulatory function, collect your urine on day 19 to 21 of your menstrual cycle.
- Menopausal women: Collect specimen on any day.
- Women on Hormone Replacement Therapies or oral contraceptives: Please follow recommendations by your healthcare practitioner. However, if no recommendations have been provided then continue dosing as usual (once or twice daily). Avoid dosing a third time while urine is still being collected.
- Follow-up testing: Collect the specimen on the same day of cycle or phase of hormone therapy as the previous sample

SPOT 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

If you are collecting a sample for the **ORGANIC ACIDS** you will need to **AVOID** the following foods 48 hours prior to collecting the sample:

- Alcohol, coffee, tea, caffeinated drinks, fruit juices;
- Avocado, bananas, chocolate, cocoa, cheese, citrus fruits, grapes, kiwifruit, pineapple, plums, tomatoes; Walnuts, pecans and vanilla.

CONSULT with your healthcare practitioner beforehand as to the requirement to withhold taking prescription medicines or other supplements 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 688522.

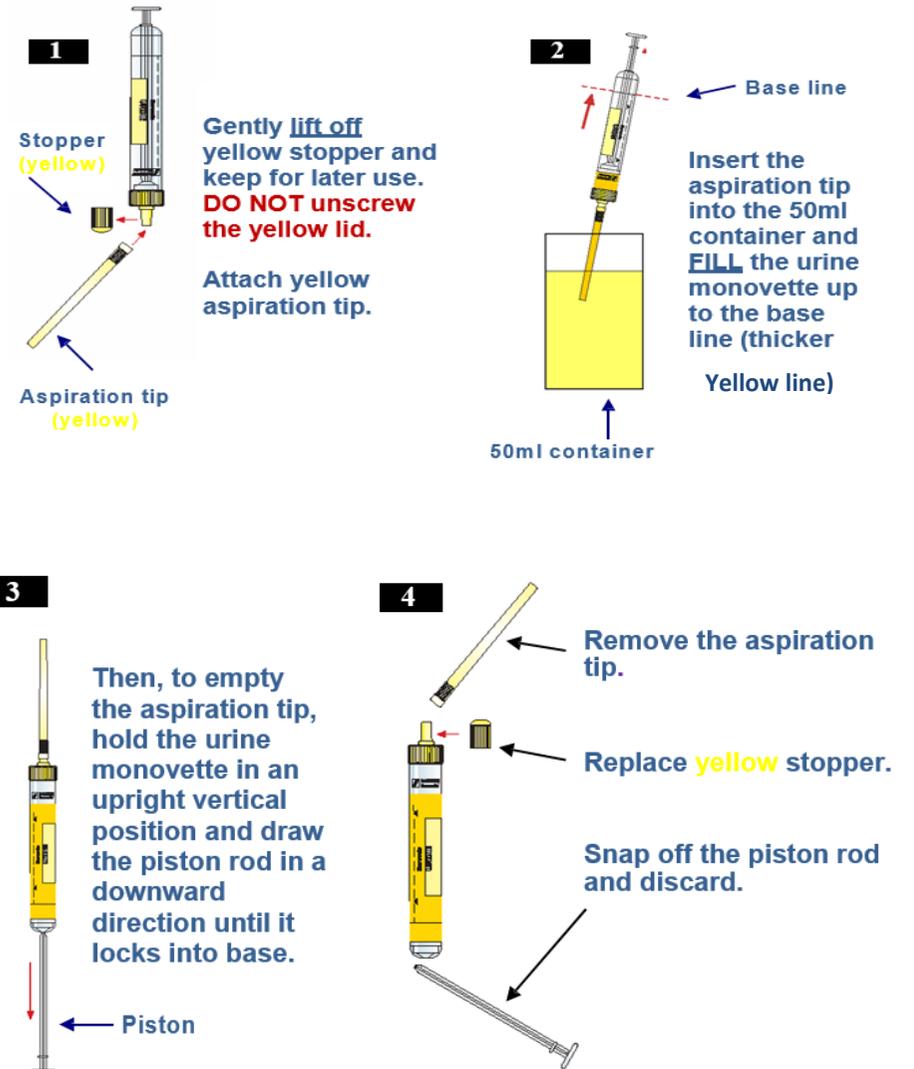
- | | |
|-------------------------------|-----------------------------|
| 1 x 50ml screw cap container | 1 x Padded post envelope |
| 2 x Urine monovettes (yellow) | 1 x Request form |
| 1 x Specimen transport bag | 2 x Adhesive stickers |
| | 1 x Collection instructions |

PO Box 442, Ashburton, VIC, 3147

SPECIMEN COLLECTION

1. Collect your first morning urine into the 50ml screw cap container.
2. Assemble the two yellow urine monovettes as per the diagram on the following page. Collect 2 x 10mls of urine from the small 50ml container and seal the urine monovettes as shown in the diagram.
3. Complete the requested patient information on the adhesive stickers provided and place the stickers on the urine monovettes. Ensure that the following is clearly printed:
 - Patient first/last name
 - Date of Birth
 - Date of collection
 - Urine volume in monovette
4. **Write the date of collection on your NutriPATH request form.**
5. Place the urine monovettes 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.
6. Place the specimen bag in the freezer for at least 2 hours. Discard the remaining urine from the 50ml container.
7. Ensure that the original NutriPATH request form issued by your healthcare practitioner is completely filled out and has all your correct patient information listed.
8. Complete the 'NutriPATH Patient Checklist Form' prior to sending samples for testing to ensure no delays in test results.
9. After 2 hours remove the specimen transport bag from the freezer and place the completed NutriPATH request slip into the non-sealable section of the specimen transport bag.
10. Place specimen transport bag into the Express Post padded envelope and post back to NutriPATH that same day.

URINE MONOVETTE COLLECTION INSTRUCTIONS



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