



## Instructions for Collecting and Shipping Urine Tests

### Kit Components - May be used for one or all of the urine tests

- One outer white cardboard box
- One urine collection cup (holds 70mL)
- One Tech Pack ice pack (place FLAT in freezer)
- One biohazard zip-lock bag
- One amber vial (Kryptopyrrole or Porphyrins tests only)
- One absorbent packing material sheet
- One silver thermo bag
- One large FedEx Clinical Pak
- Test Requisition Form
- One large orange 3000 mL container (for 24hr or timed collections only)

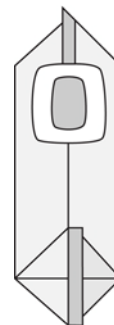
1. Send the sample Monday through Thursday. There will be **extra shipping charges applied for Saturday deliveries (Friday shipments)**, which may compromise the sample due to the lab not being open over the weekend.
2. Include physician or health care practitioner's approval in the space provided on the Test Requisition Form. A physician authorization can be attached to the requisition.
3. Save the outer white cardboard box. Use it for shipping the sample back to The Great Plains Laboratory, Inc. (GPL).
4. Only use containers supplied by GPL to avoid contamination of specimens.
5. Females please do not collect samples during menstrual cycle.
6. Limit liquid intake starting at 6pm the night prior to collection to avoid sample dilution. Urine must be yellow in color, if urine is clear the sample is too dilute. Discard dilute sample, rinse collection cup in hot water only (no soap) and air dry, then recollect.
7. It is very important to collect and package the sample as instructed. If you have any questions, please see our "For Patients" section online at [www.GPL4U.com](http://www.GPL4U.com) for FAQs, call Customer Service at 913-341-8949 or email CustomerService@GPL4U.com.

<b>Testing Requirements (read before collection)</b>				
Test:	Min:	Items to Discontinue:	Urine Collection:	After Collection:
<b>Organic Acids (70)</b> <b>Microbial Organic Acids (21)</b>	5 mL Urine	Avoid apples, grapes, pears, and cranberries as well as their juices or products 24 hours before collection.	Collect the first morning urine in the collection cup provided. Collecting sample prior to eating or drinking is preferred.	Screw lid on tightly. Freeze until ready to ship. Ship with frozen ice pack.
<b>Gluten / Casein Peptides</b>	5 mL Urine	Avoid soy protein consumption for at least one week prior to testing (soy oil & lecithin may be consumed).		
<b>Uric Acid</b>	5 mL Urine	None		
<b>Amino Acids (43)</b>	20 mL Urine	Discontinue any amino acid supplements 24 hours prior to collection.		
<b>Metals Urine (random)</b>	40 mL Urine	None		
<b>Kryptopyrrole</b>	8 mL Urine	None	Collect the first morning urine in the collection cup provided.	Pour urine into the amber vial with ascorbic acid additive labeled " <b>Kryptopyrrole</b> ". Screw lid on tightly. Invert vial 10 times. <b>Immediately freeze</b> until ready to ship. Ship with frozen gel pack.
<b>Porphyrins</b>	10 mL Urine	The following drugs may interfere with the Porphyrins Profile and should be discontinued 72 hrs before collection: acriflavine, ciprofloxacin(Cipro), ethoxazene (Serenium), nalidixic acid (NegGram), norfloxacin (Noroxin), ofloxacin (Floxin), oxytetracycline (Terramycin), phenazopyridine (Prodiurid), Pyridium, Urobiotic), sulfamethoxazole (Bactrim, Septra), tetracycline(Achromycin).	Collect the first morning urine in the collection cup provided.	<b>Immediately</b> pour urine into the amber vial due to light sensitivity. Screw lid on tightly. Freeze amber vial until ready to ship. Ship with frozen gel pack.
<b>24 Hour or Timed Urine</b>	40 mL Urine	None	Begin collecting the 2nd urination of the day. Urinate into the large orange collection container. Continue collecting urine for 24 hours including the first urination of the next morning. Keep urine refrigerated in between voids.	Mix the urine in the orange container. Record the Total Volume on Test Requisition Form. Pour urine off into small urine collection cup. Screw on cap tightly. Only ship this small collection cup. Freeze until ready to ship. Ship with frozen gel pack.

## Pediatric Collection Bag Instructions

Overnight collection is acceptable if using a pediatric collector. Follow the instructions below when using a pediatric urine collector. After collection, do not send the collection bag alone. You may put the entire bag into the collection cup or pour the urine directly from the bag into the collection cup.

1. To collect urine, separate infant's legs. Make sure perineal and pubic areas are clean and dry.
2. Peel off backing paper, exposing hypoallergenic adhesive.
3. For female use: Start from the bottom up with the adhesion at skin flap, separating vagina lips (labia) and work upward. Press firmly to skin surrounding the vagina (labia) with excess of bag toward the feet.
4. For male use: Position penis naturally through bag opening with excess of bag toward the feet. Press adhesive firmly to entire perimeter without puckering.
5. Reapply diaper directly over bag. (It is suggested that you cut hole in diaper and pull the pediatric collection bag through which will hold the bag securely in place. If necessary, you may place a second diaper on the outside of the first to prevent bag from irritating the skin.)



## Preparing and Shipping the Specimen

1. Fill out the Test Requisition Form (TRF) - Please PRINT clearly.
2. Print the patient's full name, time and collection date on the side of the urine cup (and amber tube if provided).
3. Place urine specimen(s) into the biohazard zip-lock bag along with the absorbent packing material sheet. Place frozen ice pack and urine sample(s) into the silver thermo bag. Place the silver thermo bag into the box. Fold and place the completed TRF in the box and close the lid. Place the box in the FedEx Clinical Pak. Note: the urine sample MUST be in the outer white cardboard box, if not the shipment will be rejected by FedEx.
4. Seal the FedEx Clinical Pak. The shipping/tracking number is located on the back page of the instructions.
5. Call FedEx at 1-800-463-3339 for pickup. Mention you have a prepaid bag for overnight delivery.