

Patient Guide



Oxidative Stress 2.0

#3601



Abnormal kidney function or use of diuretics may influence test results.



Do not collect if there is blood in urine, including menstrual or other blood.

BEFORE YOU BEGIN

Activate This Test

Visit gdx.net/activate and enter the number found on the included activation label card.



STEP 1

Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays.

24-Hours Before Collection

Freeze freezer brick at least 8 hours.

Consume no more than six 8-ounce glasses of fluid over the 24 hours before collection.

STEP 2

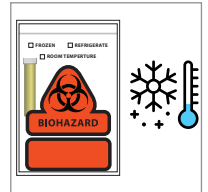
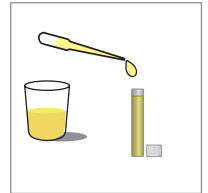
Specimen Collection

1. **Review** instructions and test prep information at gdx.net/activate.
2. Write your **date of birth** (DOB) and the **date of collection** on the labels provided. Attach a completed label to the clear-top transfer tube.



Collect Urine

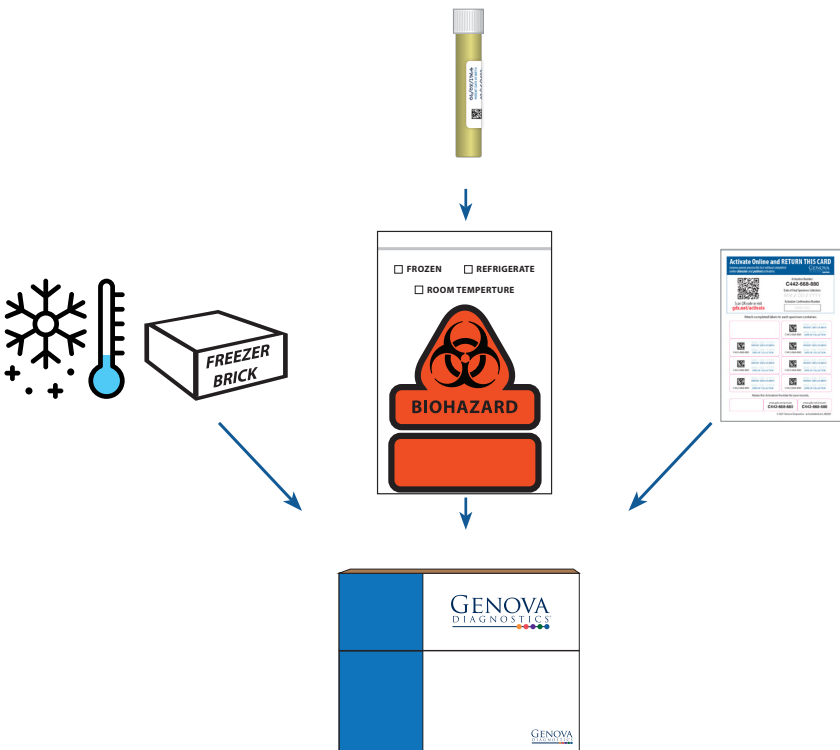
1. **Collect** your **first morning urination** in to a clean container (a large plastic cup works well). If you wake to urinate during the night, within 6 hours of when you typically wake for the day, collect your urine **in the cup**, refrigerate, then combine with your first morning urination collection.
2. Use the **pipette to transfer urine** from the cup into the clear-top transfer tube.
3. Recap the tube tightly and **shake**.
4. Place the **tubes into the biohazard bag and freeze** for a minimum of **2 hours**.



STEP 3

Return Collection Pack

1. Confirm that the tube has a **completed label attached** with **date of birth** and the **date of collection**. Place the **frozen freezer brick** and the biohazard bag with **frozen tube** inside the **foam insulator**. Replace the foam lid.
2. Visit **gdx.net/activate** to enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card**.
3. **Close the cardboard box** and **place** inside the **FedEx shipping bag**. Follow the shipping instructions provided.



Additional resources are available online.
Visit **gdx.net/activate** and enter your requisition number.