Patient Guide

Comprehensive Urine Elements Profile #3527*

Toxic Element Clearance Profile #3529*

Activate This Test

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

Plan Your Collection

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

4 Days before Collection

Consult your healthcare provider about stopping medications and supplements.

* Not Available in New York

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

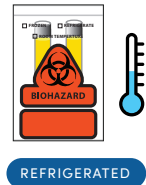Do not collect if there is blood in urine, including menstrual or other blood.

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 completed labels to the urine tubes.

Urine Collection

1. Collect your first morning urination in 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. Stir, then transfer urine from the cup to each of the two tubes using the pipette. Continue to add urine until each tube is nearly full.

3. Recap the tubes tightly.

4. Place the tubes and absorbent pad in the biohazard bag and refrigerate until ready to ship.

REFRIGERATED

Return Collection Pack

1. Confirm that the tubes have a completed label attached with date of birth and the date of collection. Place the biohazard bag containing the refrigerated urine tubes inside the box.

2. Retain a copy of the activation number for future reference.

3. Visit gdx.net/mygdx to enter details about your collection and receive a confirmation code. Write the date of collection and confirmation code on the activation label card and place inside the box.

4. 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 activation number.