

Step 3:

Returning The Samples To The Laboratory

Samples must be returned to Genova Diagnostics by overnight delivery to arrive next day.

For UK mainland patients only: Genova Diagnostics recommends using the enclosed courier collection service, or alternative e.g.: Royal Mail, Special Delivery. The mailing envelope is not pre-paid.

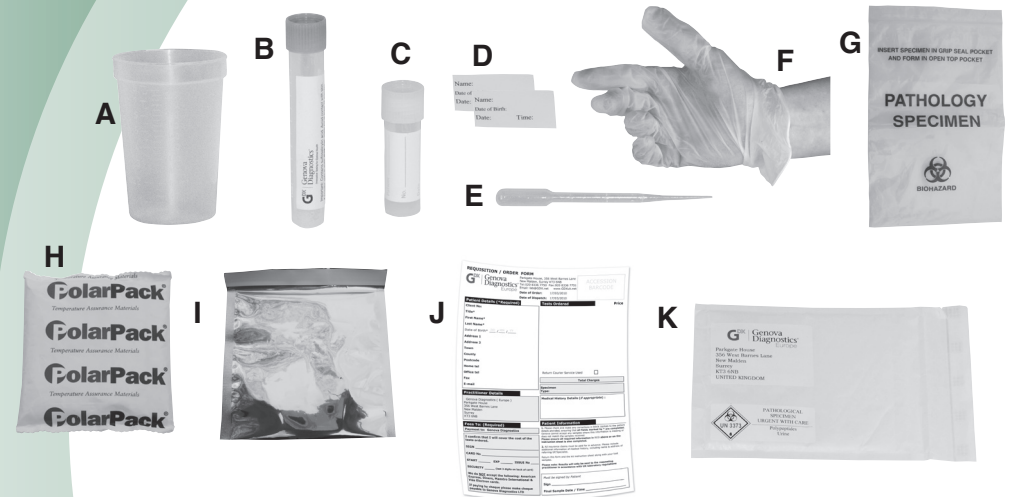
For patients outside of the UK: please arrange an international courier such as FedEx, DHL, UPS.

Please note: the laboratory is closed at weekends. Samples should not be in transit over the weekend; please arrange for the samples to be sent overnight and to arrive no later than Friday.

- Plan to return the samples **Monday – Thursday by overnight delivery only.**
- If samples are completed on a Friday - Sunday, please keep them frozen until Monday and return it on Monday for Tuesday.
- Make sure the collection tubes are tightly closed and identified with completed labels. Failure to complete the labels correctly will result in the samples being rejected.
- Put the tubes in the biohazard bag with absorbent paper and seal it securely.
- Place the biohazard bag in the silver pouch with the frozen freezer brick.
- Place the sealed silver pouch inside the mailing envelope with your completed and signed requisition form.
- Seal the envelope.
- Once posting/couriering of samples has been arranged, keep any tracking numbers issued by the courier / Royal Mail for future reference.

Amino Acid Analysis, FMV

Patient Instructions for Urine Collection



Check Your Kit

- A - 1 Disposable plastic cup
- B - 1 Green-top preservative tube
- C - 1 Clear top tube
- D - 2 Labels
- E - 1 Pipette
- F - 1 Glove
- G - 1 Biohazard bag and absorbent paper
- H - 1 Gel freezer brick
- I - 1 Silver pouch
- J - 1 Requisition (to be completed and signed)
- K - 1 Mailing envelope

- If any of the items are missing or expired, call the laboratory on 020 8336 7750.
- The appearance of the above kit components are for illustration use only and actual contents may vary slightly from that shown.

Step 1:

Important things to know and consider

- Abnormal kidney function or use of diuretics may influence test results. This test should not be performed on individuals with kidney disorders. In addition, certain medicines may impact test results [e.g. adrenal steroids including corticosteroids, aminoglycoside antibiotics, amphetamines, antihistamines, cephalosporin, cimetidine (Tagamet), fibrates (e.g. Ciprofibrate), penicillin or D-penicillamine, and trimethoprim]. Let your practitioner know about your use of these medications. **Do not change use of medications unless instructed to do so by your healthcare provider.**
- **4 Days before the test** discontinue all of the following (*unless instructed otherwise by your practitioner*): Non-essential medications including acetaminophen and over-the-counter cold remedies; any vitamins, minerals, amino acids, and herbal supplements taken regularly – including enhanced sports drinks, energy drinks, and vitamin waters.
- **24 hrs before the test:** Avoid eating or drinking any products containing aspartame (Nutra-Sweet, Canderel, Splenda) and monosodium glutamate (MSG), and avoid over-consuming any single food. Otherwise, eat your usual diet.
- It is essential to avoid excessive fluid intake for the 24 hours prior to collection. Aim to drink no more than an average fluid intake of 1.5 litres, spread throughout the day.

Schedule and prepare for your urine collection

- **Samples must be frozen for at least 2 hours** prior to returning. Please note: samples completed on Friday – Sunday should be stored frozen until Monday for returning to the laboratory by overnight delivery.
- **Freeze the enclosed gel freezer brick** for a minimum of 4 hours before sending.
- Please be aware that reference ranges for this test are suitable for children from the age of 18 months.
- Female patients should not collect samples during menstruation.
- **Complete the requisition form** with all patient and payment information. Be sure it is signed by the patient/ responsible party in the box labelled “Final Sample Date / Time.”

Step 2:

Collecting your urine specimen

Not following these instructions may affect your test results.

CAUTIONS: A very small amount of Sulfosalicylic Acid is contained in the tube as a preservative. Avoid contact of the eyes or skin with the fluid in the tube. For eye contact, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest powder.



- 1 Write your full name (first and last), date of birth, time and date of collection** on both the labels using a ballpoint pen or pencil only, and *place the labels on the green-top tube and the clear top tube.*



- 2 After awakening for the day (after 6 to 8 hours sleep), collect your first morning urine* in the collection cup** provided in your kit. *After filling the cup, pass any additional urine into the toilet.*
*If you wake up to urinate during the night within six hours before your rising time, collect your urine and refrigerate, then mix that sample to the urine you collect when you rise for the day. You may wish to use a disposable cup or other clean container (cleaned with hot water only).



- 3 Use the pipette to transfer urine** from the collection cup into the *clear top tube* to reach the 5ml mark. Screw top on the tube tightly.



- 4 Use the pipette to transfer urine** from the collection cup into the *green top tube* until it is nearly full. Screw top on the tube tightly.



- 5 Recap the tubes tightly and shake** them to mix thoroughly. Discard the remaining urine, the collection cup, the pipette, and the glove.



- 6 Place the filled tubes into the biohazard bag** and *freeze for a minimum of 2 hours prior to sending. Keep samples frozen until ready to return them to the laboratory.*

Consult your healthcare provider if you have any questions at any time during this test.