

Test Kit Instructions

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Instructions for First-Morning Urine Collection for Great Plains Urine Tests

This sample is a referral from Viva Health Laboratories to Great Plains Laboratory

Please read the instructions carefully. It is recommended that the following measures are taken prior to collection: For Organic Acids **Do not** eat apples, grapes, pears, and cranberries as well as their juices or products, arabinogalactan, echinacea, reishi mushrooms, and ribose supplements for a **minimum of 48 hours** before collection.

Try to **limit liquid intake starting at 6pm** the night prior to collection to avoid urine sample dilution.

Female patients **should not** collect urine during a menstrual period.

If you are taking antibiotics or probiotics please discuss with your practitioner as to when it would be best to provide your urine sample.

To prevent any contamination avoid touching the inside or the edges of the small 30mL urine container.

You will need:

- Small 30mL urine container (Provided)
- Protective clear postal tube (Provided)
- Absorbent pad (Provided)
- Small clear sample bag (Provided)
- Sample request form (Provided)
- Ice pack (Provided)

Urine collection instructions:

1. Start the collection of urine when you wake.
2. Collect a mid-stream sample of your urine from the first urine passed in the morning in the 30mL urine container. The container should be **no more than 2/3 full**.

This sample should be a significant yellow colour, if urine is clear the sample is too dilute. Discard dilute sample, rinse specimen bottle(s) in hot water only (no soap) and air dry, then recollect the following morning.

3. Label the small 30mL urine container with:
 - **Full name**
 - **Date of Birth**
 - **Sample collection date**
4. Wrap the sample in the absorbent pad and place inside the protective clear postal tube.
5. Place the 30mL container and ice pack into a freezer until frozen solid prior to posting the sample.

Posting the sample:

1. Place the postal tube into the clear sample bag and seal.
2. Place the provided sample request form into the pocket of the clear sample bag.
3. Place the bag and ice pack into the white cardboard box and seal with the provided sticker.
4. Place the white box into the grey postal bag with return label and seal.

IMPORTANT NOTE

We cannot process samples without all patient details included above, written on the 30mL urine container. These **MUST** match the sample request form received with this sample.

If you have any further questions, please do not hesitate to contact us using the details in the header of this letter.