

## Instructions for Second Morning Urine Collection for Urine Histamine

You are required to provide a second morning urine collection (e.g., 2-4 hours after the first morning urine)  
To prevent any contamination avoid touching the inside or the edges of the urine container.

### **2 days prior to start and during sample collection:**

Please avoid fish and seafood (including sauces and omega-3 oil and supplements).

### **On the evening before sample collection:**

Please avoid bananas, cheese, almonds, nuts, green and black tea (fruit tea is allowed), vanilla and vanilla-containing products, cocoa and chocolate, alcohol, coffee and caffeinated drinks, energy drinks and nicotine.

### **On the morning of sample collection:**

Please refrain from sports and exercise. Do not drink anything except water or fruit tea.

### You will need:

- Black outer tube with yellow screwcap (protective container for mailing specimen tube to laboratory).
- Clear plastic tube with white cap – specimen tube (includes white stabilising agent disc)
- Container to collect your urine sample (not provided, but available on request if required)
- Clear plastic transfer pipette for transferring urine sample from collection vessel to specimen tube
- Label for sample tube
- Sample bag
- Sample request form
- White cardboard test kit box
- Return grey sample bag (addressed and postage pre-paid)

### Urine collection instructions:

1. Complete the tube label with:
  - **Full name (First name and last name)**
  - **Date of Birth**
  - **Home post code**
  - **Sample collection date & time**
2. Collect a sample of a second-morning urine into a suitable container (e.g., 2-4 hours after waking).
3. Use the transfer pipette to transfer urine from your collection container to the clear tube. Fill to about 2/3 full and then screw on the white cap tightly. Ensure the stabilising agent disc remains in the tube, if the sample spills a new tube should be requested.
4. Insert the clear urine tube into the black outer tube and securely attach its cap, place in the supplied plastic bag and seal.
5. If there's any delay before returning refrigerate the sample until posting, but please return promptly.

### Posting the sample:

1. Place the urine container within its mailing tube into the sample bag and seal.
2. Place the provided sample request form into the pocket of the clear sample bag. Ensure all details are completed correctly on sample request form.
3. Place the bag 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 urine tube label.  
These **MUST** match the sample request form received with this sample.

# Test Kit Instructions

New Lodge, Drift Road, Windsor, SL4 4RR      Tel: +44(0)330 088 3030  
Email: [support@vivahealthlaboratories.com](mailto:support@vivahealthlaboratories.com)      Website: [vivahealthlabs.com](http://vivahealthlabs.com)



It is highly recommended to post samples as soon as possible after collection between Monday - Thursday, to minimise delays in the laboratory receiving the sample over the weekend and to ensure suitable sample stability.

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