

Test Kit Instructions

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Instructions for Second-Morning Urine Collection for Urine Methylmalonic Acid (MMA)

This sample is a referral from Viva Health Laboratories to Biovis Diagnostik

Please read the instructions carefully. It is recommended that the following measures are taken prior to collection:

- Female patients **should not** collect urine during a menstrual period.
- It is advisable to avoid B vitamin containing nutritional supplements on the morning of the test.

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)

Urine collection instructions

Collect a mid-stream sample of your urine from the second urine passed in the morning (e.g. 2-4 hours after waking) in the 30mL urine container. The container should be **no more than 2/3 full**.

1. Label the small 30mL urine container with:
 - **Full name (First name and last name)**
 - **Date of Birth**
 - **Home post code**
 - **Sample collection date**
2. Wrap the sample in the absorbent pad and place inside the protective clear postal tube.

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. Ensure all details are filled in 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 30mL urine container. These **MUST** match the sample request form received with this sample.

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 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.