

# Test Kit Instructions

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**Viva Health**   
Laboratories

## Instructions for 6-hour urine collection for Essential & Toxic Elements (NUT1, NUT2, TOX2 & TOX11)

A 6-hour urine collection span is required to ensure accuracy in results.

It is recommended that the following measures are taken prior to the 6-hour collection period:

- You **do not** eat fish or shellfish for a **minimum of 5 days** prior to the collection period.
- You **do not** take any nutritional supplements for a **minimum of 24 hours** prior to the collection period.

To prevent any contamination avoid touching the inside or the edges of the 50mL urine container.

### You will need:

- 50mL urine container (Provided)
- Sample request form (Provided)
- Absorbent pad (Provided)
- Small clear sample bag (Provided)
- Large clean container with a lid (available from VHL on request)

### Urine collection instructions:

1. Start the collection of urine when you wake.
2. Empty your bladder in the morning and discard this.
3. Using the large container, collect all urine passed for the following 6 hours.
4. Once completed, mix the urine obtained over 6 hours in the large container.
5. Label the 50mL urine container with:
  - **Full name (First name and last name)**
  - **Date of Birth**
  - **Home post code**
  - **Sample collection date**
6. Pour the urine sample from the large container into the labelled 50mL container.
7. The remaining sample in the large container can be discarded.
8. The 50mL container should be sealed securely with the lid and wrapped in the absorbent pad.

### 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 50mL 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.