

Test Kit Instructions

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Viva Health 
Laboratories

Instructions for urine collection for PORP: Urine Porphyrins Panel

This sample is a referral from Viva Health Laboratories to Doctor's Data in the USA.

Please read the instructions carefully.

- If you are taking antibiotic medication, please finish the course of medication and wait for 2 days before starting the collection.
- Please refrain from taking non-essential medications or dietary supplements for 48-hours prior to and during the specimen collection, unless otherwise instructed by your practitioner.
- **Never** discontinue prescription medications without first consulting your doctor.
- Female patients should not collect urine during a menstrual period.

You are required to provide a first morning void urine collection, i.e., a mid-stream specimen of the first urine passed in the morning after you wake.

You will need:

- Amber-coloured small 10mL urine container (Provided)
- Absorbent pad (Provided)
- Small clear sample bag (Provided)
- Sample request form (Provided)
- Ice pack (Provided)

***CAUTION:** Avoid contact of the skin and eyes with the fluid in the vial. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. If any of the fluids are accidentally ingested contact your doctor immediately.

Urine collection instructions:

1. Collect a sample of the first urine you pass in the morning into the small 10mL urine container and screw the cap on securely.
2. Label the small 10mL urine container with:
 - **Full name (First name and last name)**
 - **Date of Birth**
 - **Home post code**
 - **Sample collection date**
3. Place the 10mL 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. Ensure all details are filled in correctly on sample request form.
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 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.