

Test Kit Instructions

New Lodge, Drift Road, Windsor, SL4 4RR
Email: support@vivahealthlaboratories.com

Tel: 0330 088 3030
Website: vivahealthlabs.com



Instructions for 24-hour urine collection for Amino Acids [NUT5]

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 an aliquot of a 24-hour urine collection.

To prevent any contamination avoid touching the inside or the edges of the small 10mL urine container.

You will need:

- Small 10mL white-capped urine container (Provided)
- Protective clear postal tube (Provided)
- Large clean collection container with a lid
- Absorbent pad (Provided)
- Small clear sample bag (Provided)
- Sample request form (Provided)
- Ice pack (Provided)

Urine collection instructions:

1. You will need a large, clean collection container with a lid with a vessel capacity of 2-3 litres. This is available from VHL on request.
2. Empty your bladder in the morning and discard this.
3. Using the large container, collect all urine passed for the following 24 hours including the first morning sample on the second day.
4. Once completed, mix the urine obtained over the 24 hours in the large container for 20 seconds.
5. Carefully measure the total volume collected and **record this volume clearly** on the request form.
6. Label the small 10mL urine container with:
 - **Full name**
 - **Date of Birth**
 - **Sample collection date**
 - **Total urine collection volume** (same as on request form)
7. Pour approximately 8mL of the urine sample from the large container into the labelled small 10mL container and ensure you tighten the cap - **do not** fill to the brim (this container includes a small quantity of powdered oxalic acid as a preservative, so the bottle must not be reused if the sample spills).
8. Wrap the sample in the absorbent pad.
9. The remaining sample in the large container can be discarded.
10. Place the 10mL container and ice pack into a freezer until frozen solid prior to posting the sample.
11. Record patient height and weight on request form to ensure personalised supplement programme can be provided based on results.

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 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.