Test Kit Instructions

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Viva Health Laboratories

Instructions for early morning urine collection for Gliadorphin and Casomorphin Peptides

You are required to provide a first morning urine collection (the bladder should not have been emptied in the last six hours).

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

You will need:

- Brown outer tube with screwcap (protective container for mailing specimen tube to laboratory).
- Clear plastic tube with white cap – specimen tube (includes white stabilising powder – non-toxic)
- 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 first-morning, mid-stream urine in a suitable container. The urine should be of a significant yellow colouration, if it is not then please collect a new sample later.
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 remains in the tube, if the sample spills a new tube should be requested for use.
4. Insert the clear urine tube into the brown outer tube and securely attach its cap, place in the supplied plastic bag and seal.
5. If there is any delay before returning refrigerate the sample until posting.

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.

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.