

Test Kit Instructions

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Viva Health
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Instructions for First-Morning Urine Collection for EnviroTox Panels [ETP & ETCP]

This sample is a referral from Viva Health Laboratories to Mosaic Diagnostics

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

- Continue taking all prescribed medications as normal.
- Do not eat apples, grapes, pears, and cranberries as well as their juices or products, arabinogalactan, echinacea, reishi mushrooms, and ribose supplements for a minimum of 48 hours before collection.
- For EnviroTox Complete [ETCP] requests only: If you are taking mycophenolate mofetil (CellCept/Myfortic) please indicate on the test request form.
- Try to **limit liquid intake starting at 6pm** the night prior to collection to avoid urine sample dilution.
- Female patients **should not** collect urine during a menstrual period.

To prevent any contamination avoid touching the inside or the edges of the small 30mL urine container.

You will need:

- 2 x 30mL urine containers (Provided)
- 2 x Protective clear postal tubes (Provided)
- 2 x Absorbent pads (Provided)
- Small clear sample bag (Provided)
- Sample request form (Provided)
- Ice pack (Provided)

Urine collection instructions:

1. Start the collection of urine when you wake before eating or drinking anything.
2. Collect a mid-stream sample of your urine from the first urine passed in the morning into the two 30mL urine containers. Each container should be **no more than 2/3 full**.

This samples should be a significant yellow colour, if urine is clear the sample is too dilute. Discard dilute sample, rinse specimen bottle in hot water only (no soap) and air dry, then recollect the following morning.

3. Label the 30mL urine containers with:
 - **Full name (First name and last name)**
 - **Date of Birth**
 - **Home post code**
 - **Sample collection date**
4. Wrap the samples in the absorbent pad and place inside the protective clear postal tubes.
5. Place the two 30mL containers and ice pack into a freezer until frozen solid prior to posting the sample.

Posting the sample:

1. Place the postal tubes 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 supplied cardboard box.
4. Place the 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 containers.

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.