Test Kit Instructions

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Viva Health Laboratories

Instructions for 24-hour urine collection for Urine Uric Acid [UAU]

A 24-hour urine collection period is required to ensure accuracy in results.

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

You will need:

- 4ml T28 brown capped urine vial (Provided)
- Sample request form (Provided)
- Absorbent pad (Provided)
- Plastic pipette (Provided)
- Small clear sample bag (Provided)
- Large clean container with a lid (available from VHL on request)

Urine collection instructions:

1. When you wake in the morning empty your bladder and discard this urine.
2. Using the large container, collect all urine passed for the following 24 hours including the following morning's first passed urine.
3. Store the urine collection refrigerated throughout the collection period.
4. Once completed, mix the urine obtained over 24 hours in the large container.
5. Label the 4ml *T28* brown capped urine vial with:
   - **Full name (First name and last name)**
   - **Date of Birth**
   - **Home post code**
   - **Sample collection date**
6. Either use the supplied plastic pipette or pour a sample of the well-mixed total urine collection from the large container into the labelled 4ml T28 brown capped vial (up to the top of the white label only).
7. The remaining sample in the large container can be discarded.
8. The 4ml *T28* brown capped urine vial should be sealed securely with the push-fit lid and wrapped in the absorbent pad.

Posting the sample:

1. Place the 4ml T28 brown capped urine vial with the absorbent pad 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 cardboard box.
4. Place the cardboard 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 4ml T28 brown capped urine vial. These MUST precisely 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.