Test Kit Instructions
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Viva Health Laboratories

Instructions for Early-Morning Urine Collection for Individual Toxic Elements

Please read the instructions carefully.

- Patients are advised to avoid consumption of fish for 5-7 days before providing a urine sample for this test as these have been shown to temporarily increase urine toxic metal levels.
- 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:

- Small 30mL urine container (Provided)
- Protective clear postal tube (Provided)
- Absorbent pad (Provided)
- Small clear sample bag (Provided)
- Sample request form (Provided)

Urine collection instructions:

Collect a mid-stream sample of your urine from the first sample in the morning (ideally at least 6 hours after last passing urine), into the 30mL urine container. The container should be **no more than 2/3 full.**

1. Label the small 30mL urine container with:
   - **Full name (First name and last name)**
   - **Date of Birth**
   - **Home post code**
   - **Sample collection date**
2. Wrap the sample in the absorbent pad and place inside the protective clear postal tube.

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 into the 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 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.