## US FedEx Shipping Instructions

**1)** Ship specimens Monday through Friday. If you complete the collection on the weekend, hold the specimen until the following Monday to ship.

**2)** Place the cardboard kit box containing the specimens and the completed test requisition form into the FedEx Clinical Pak.

**3)** Affix the provided Prepaid Return Label onto the bag in the designated location. Record the tracking number printed on the label if you want to track this delivery.

**4)** To schedule a pickup, call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). When you hear the automated greeting, say "Schedule a pick up." The next prompt asks if the shipment is more than 150lbs, say "No." At the next prompt, say "Schedule a Pick up with a Label or Stamp." Reply "YES" when asked if the word "Stamp" is written on the waybill. You will then be asked for your address information.

**Do not use a drop box.** FedEx will not accept specimens placed into a drop box.

If you are located in the United States and choose to use a different courier or level of service than provided or are located outside the United States, you must make your own shipping arrangements at your own expense.

DOCTOR'S DATA INC.

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## DNA Oxidative Damage (8-hydroxy-2'-deoxyguanosine)

**Before You Start:**

Please read all of the directions, and familiarize yourself with the collection procedures.

The DNA Oxidative Damage assay requires a first morning void urine collection and the specimen must be frozen prior to shipment. Plan your collection so that you can ship the specimen the same day you collect it.

The test requires no special diet and you do not need to discontinue taking medications or dietary supplements, unless instructed otherwise by your physician. *Never discontinue prescription medications without first consulting your physician.*

**Female patients should not collect urine during a menstrual period.**

**Verify Kit Contents:**

1 Polar gel ice brix
1 Styrofoam insulating shell
1 Plastic zip-lock bag containing:
  10 mL urine tube with preservative*
  Absorbant pad
1 Specimen collection cup (sent separately)
1 Test requisition form
1 FedEx Clinical Pak with Prepaid Return Label

- If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.

- Save the cardboard collection kit box to ship your samples back to the laboratory. Leave the absorbent material in the zip lock bag. Do not put it in the specimen vial.

**Urine sample tube contains an acid perservative (oxalic acid) that may irritate the skin. Do not ingest. Wipe spills with a wet towel. In case of contact with skin, wash with soap and water. In case of accidental contact to eye or ingestion, rinse with plenty of water. Seek medical attention if warranted.*

**FIRST MORNING VOID COLLECTION**

**1)** It is recommended to collect the first moning void. Collect a midstream specimen in the supplied collection cup. Do not urinate directly into the tube.

**2)** Pour the urine into the specimen vial. Fill the tube to the "fill line" mark on the label. Close the tube tightly to ensure a good seal. Gently rock the tube back and forth to mix urine with preservative.

**3)** In the collection information section of the requisition form (located in the upper right hand corner) fill in the date you finished the collection and your height & weight.

**4)** Write the patient's name, date of birth, and the date of collection on the specimen vial. ***The test cannot be performed without the patient identifiers on the vial.*** Place the vial into the zip-lock bag, then place the bag and the gel ice brix into a freezer until frozen solid (usually about 4-6 hours) and keep frozen until ready to ship.

**5)** After freezing, place the frozen gel ice brix into the bottom of the styrofoam insulation shell, then place the zip-lock bag containing the frozen specimen on top of the gel ice brix. Close the shell and place it into the cardboard shipping box.

**6)** Fill out the test requisition form completely and sign it. ***The test cannot be performed without a properly filled out requisition.*** Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment.

For best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimen on the same day you finish the collection, such as over a weekend or holiday, put the specimen and gel ice brix back into a freezer until you are ready to ship the test collection kit.

**Consult your physician if you have any questions during the test collection process.**