

Test Kit Instructions

New Lodge, Drift Road, Windsor, SL4 4RR Tel: 01753 981698
Email: support@vivahealthlabs.com Website: vivahealthlabs.com

Viva Health 
Laboratories

Instructions for urine collection for Neurotransmitter Profile (NEU1 & NEU2)

This sample is a referral from Viva Health Laboratories to Doctor's Data Inc.

Please read the instructions carefully.

Do not eat serotonin-containing foods such as avocados, dates, aubergine, all fruit (including bananas, cantaloupe, grapefruit, kiwifruit, melons, pineapple, plantains, plums), all nuts (including hickory nuts, butternuts, pecans, walnuts), and tomatoes (including tomato products) **or** catecholamine-containing foods such as caffeinated beverages, and nicotine, tyrosine rich foods, such as nuts, bananas, or cheese, for **48 hours** prior to **and during** collection.

Do not consume caffeine or nicotine for **at least 12 hours** prior to **and during** collection.

Never discontinue prescription medications without first consulting your doctor.

Female patients should not collect urine during a menstrual period.

You are required to provide an aliquot of a 24-hour urine collection.

You will need:

- Small 15mL urine container (Provided) *
- Protective postal tube (Provided)
- Large clean collection container with a lid (available from VHL on request)
- Absorbent pad (Provided)
- Small clear sample bag (Provided)
- Sample request form (Provided)
- Ice pack (Provided)

***CAUTION: Specimen vial contains approximately 60mg of oxalic acid.** Avoid contact of the skin and eyes with the fluid. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. If any of the fluids are accidentally ingested contact your doctor immediately.

Urine collection instructions:

1. You will need a large, clean collection container with a lid with a vessel capacity of 2-3 litres. This is available from VHL on request.
2. Start the collection of urine when you wake. Empty your bladder in the morning and discard this.
3. Using the large container, collect all urine passed for the following 24 hours.
4. Once completed, mix the urine obtained over the 24 hours in the large container for 20 seconds.
5. Carefully measure the total volume collected and **record this volume clearly** on the request form.
6. Label the small 15mL urine container with:
 - **Full name**
 - **Date of Birth**
 - **Sample collection date and time (final urine collection date and time)**
 - **Total urine collection volume** (same as on request form)
7. Pour approximately 10mL of the urine sample from the large container into the labelled small 15mL container and ensure you tighten the cap - **do not** fill to the brim.
8. Wrap the sample in the absorbent pad and place inside the protective clear postal tube.
9. The remaining sample in the large container can be discarded.
10. Place the 15mL container and ice pack into a freezer until frozen solid prior to posting the sample.

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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.
3. Place the bag and ice pack 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 15mL urine container. These MUST match the sample request form received with this sample.

If you have any further questions, please do not hesitate to contact us using the details in the header of this letter.