

Test Kit Instructions

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Instructions for urine collection for HEPP: Hepatic Detoxification Profile

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

Please read the instructions carefully.

- If you are taking any sulphur-containing medications or dietary supplements, (e.g, DMSA, DMPS, MSM etc.) please finish the course of medication and wait for 4 days before starting the collection, unless otherwise instructed by your practitioner.
- Please refrain from taking non-essential medications, dietary supplements, and alcohol for 72 hours prior to and during the specimen collection, unless otherwise instructed by your physician.
- **Never** discontinue prescription medications without first consulting your doctor.
- Female patients should not collect urine during a menstrual period.

You are required to provide a first morning void urine collection, i.e., a mid-stream specimen of the first urine passed in the morning after you wake.

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)
- Ice pack (Provided)

Urine collection instructions:

1. Collect a sample of the first urine you pass in the morning into the small 30mL urine container. Seal the container securely.
2. Label the small 30mL urine container with:
 - **Full name (First name and last name)**
 - **Date of Birth**
 - **Home post code**
 - **Sample collection date**
3. Wrap the sample in the absorbent pad and place inside the protective clear postal tube.
4. Place the 30mL container and ice pack into a freezer until frozen solid prior to posting the sample.

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 and ice pack into the cardboard box and seal with the provided sticker.
4. Place the white 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.