Test Kit Instructions

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Viva Health Laboratories

Instructions for First-Morning Urine Collection for TOX5 Toxic Organic Chemical Exposure AND Glyphosate Profile (Urine)

This sample is a referral from Viva Health Laboratories to Mosaic Diagnostics

Please read the instructions carefully. It is recommended that the following measures are taken prior to collection:

- Continue taking all prescribed medications as normal.
- Try to **limit liquid intake starting at 6pm** the night prior to collection to avoid urine sample dilution.
- 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)
- Ice pack (Provided)

Urine collection instructions:

1. Start the collection of urine when you wake before eating or drinking anything.
2. Collect a mid-stream sample of your urine from the first urine passed in the morning in the 30mL urine container. The container should be **no more than 2/3 full.**
   This sample should be a significant yellow colour, if urine is clear the sample is too dilute. Discard dilute sample, rinse specimen bottle in hot water only (no soap) and air dry, then recollect the following morning.
3. Label the small 30mL urine container with:
   - **Full name (First name and last name)**
   - **Date of Birth**
   - **Home post code**
   - **Sample collection date**
4. Wrap the sample in the absorbent pad and place inside the protective clear postal tube.
5. 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 supplied 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.