Test Kit Instructions

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Viva Health Laboratories

Instructions for 24-hour urine collection for Urine Stone Risk Analysis (USC)

A 24-hour urine collection period is required to ensure accuracy in results.

To prevent any contamination avoid touching the inside or the edges of the urine container.

You should avoid mineral containing nutritional supplements and vitamin C & D supplements for a minimum of 24 hours before commencing your urine collection. Antacids containing calcium and/or magnesium should also be avoided (discuss with your doctor in advance if they have been prescribed).

You will need:

- 24-hour urine collection bottle
- Sample request form
- Absorbent pad
- Clear sample bag

Urine collection instructions:

1. When you wake in the morning empty your bladder and discard this urine.
2. Using the 24-hour urine collection bottle, collect all urine passed for the following 24 hours including the following morning's first passed urine.
3. Store the urine collection refrigerated throughout the collection period.
4. Label the urine collection container clearly with:
   - **Full name (First name and last name)**
   - **Date of Birth**
   - **Home post code**
   - **Sample collection date**

Returning the sample:

1. Place the urine container with the absorbent pad into the clear sample bag and seal.
2. Include the provided sample request form. Ensure all details are filled in correctly on sample request form.
3. **The complete urine collection must be returned to the laboratory on the day you complete your collection.**

IMPORTANT NOTE

We cannot process samples without all patient details included above, written on the urine collection bottle label. These MUST precisely 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.