Test Kit Instructions

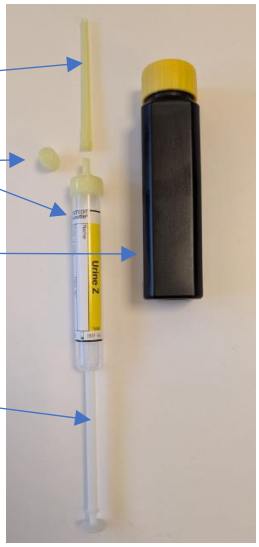
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Viva Health Laboratories

Instructions for early morning urine collection for Kryptopyrroles [KRYP]

You are required to provide a first morning urine collection (the bladder should not have been emptied in the last six hours).

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



You will need:

- Sarstedt Monovette – urine tube with yellow plastic tip
- Yellow plastic cap
- Black outer packaging tube (orange or brown capped)
- "Piston"
- Sample request form (Provided)
- Sample bag with absorbent pad (Provided)

Urine collection instructions:

1. Label the urine container with: -
   Full name (First name and last name)
   - **Date of Birth**
   - Home post code
   - **Sample collection date & time**
2. Collect a sample of a first-morning, mid-stream urine in a suitable container. The urine should be of a significant yellow colouration, if it is not then please collect a new sample at a later time.
3. Remove the small yellow plastic cap from the *Sarstedt Monovette* urine tube.
4. Push on the yellow plastic tip and gently pull on the piston to completely fill the tube with urine.
5. Snap-off the piston at the predetermined breaking point.
6. Remove the yellow plastic tip and screw on the previously removed yellow plastic cap.
7. Insert the urine tube into the black outer packaging tube and securely attach its orange cap.
8. If there's any delay before returning freeze the black container & sample until posting.

Posting the sample:

1. Place the urine container into the 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 into the cardboard box and close securely.
4. Place the cardboard box into the grey postal bag with return label and seal.

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IMPORTANT NOTE

We cannot process samples without all patient details included above, written on the urine tube label.
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 to 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 document.