



### US FedEx Shipping Instructions:

1) Place the cardboard kit box containing the specimen and the completed test requisition form into the FedEx Clinical Pak.

2) Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records. Affix the Billable Stamp to the Clinical Pack in the space provided.

3) Call FedEx toll free at **1-800-238-5355** to schedule your pickup. When you hear the automated greeting say "REP". You will then be asked if you are calling to ship a package; reply "YES" to be connected directly to a live FedEx representative. Tell the representative that you need a pickup for a shipment using a prepaid "BILLABLE STAMP" and give your address.

**Do not use a drop box.** FedEx will not accept specimens placed into a drop box.

Doctor's Data provides prepaid shipping materials for use in shipping specimens from Canada, Ireland, United Kingdom, and the United States. If you are located outside of these countries or choose to use a different courier or level of service than provided, you must make your own shipping arrangements at your own expense.



US & CANADA: 1.800.323.2784 - UK: 0871.218.0052  
ELSEWHERE: 1.630.377.8139 - FAX: 1.630.587.7860  
3755 Illinois Avenue, St. Charles, IL USA 60174-2420  
inquiries@doctorsdata.com - www.doctorsdata.com

### Urine Halides/Iodine; pre & post loading test

#### Before You Start:

**Please read all of the directions, and familiarize yourself with the collection procedures.**

The Urine Halides/Iodine pre & post loading test takes 24 hours to collect. The urine container holds a maximum of 4 liters. For best results, do not consume more than 3.5 liters (15 cups) of liquid during the collection period to avoid overflowing the container.

For 5 days prior to and during the collection process you should avoid taking iodine supplements (other than the loading dose prescribed by your physician), non-essential medications and products that contain iodide/iodine such as kelp, fish, and sea vegetables unless otherwise instructed by your physician. *Never discontinue prescription medications without first consulting your physician.* Female patients should not collect urine during a menstrual period.

**Use the provided vial and collection containers to avoid contamination of the specimen. Use of other collection materials may result in falsely elevated results.**

#### Verify Kit Contents:

- 1 Orange 24-hour urine collection container
- 1 Specimen collection cup
- 1 Specimen vial labeled "#1PRE"
- 1 Specimen vial labeled "#2POST"
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 FedEx Clinical Pak with Prepaid Billable Stamp

- ◆ If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.
- ◆ Save the cardboard collection kit box to ship your samples back to the laboratory. Leave the absorbent material in the zip lock bag. Do not put it in the specimen vial.

## Collection Instructions:

1) When you arise urinate into the collection cup. Pour the urine into the specimen vial labeled "#1 PRE". Fill the vial up to the top of the label and then tighten the screw cap securely. Discard the remaining urine in the collection cup.

2) Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. ***The test cannot be performed without the patient information on the vial.*** Place the vial into the zip-lock bag, then place the bag into a refrigerator.

3) In the upper right hand section of the requisition form, under the heading: Random "PRE" Sample #1 Information, write the date and time you collected the sample, as well as your height and weight.

4) Take the Iodine loading dose as prescribed by your doctor.

5) Collect all urine for the next 24 hours up to and including the first morning urination of the following day. Collect each urination in the specimen collection cup then pour the urine into the orange collection container. Keep the orange container in a refrigerator until you are finished with your 24-hour collection.

**IMPORTANT: If your collection reaches 4 liters of urine before 24 hours have elapsed, stop collecting your urine and proceed to step 6.**

6) Place the orange collection container on a level surface and read the volume from the markings on the container. In the upper right hand section of the requisition form, under the heading: 24-hour "POST" Sample #2 Information, fill in the date you finished the collection and **fill in the total volume collected.** Write the number of milligrams of iodine taken in the space indicated.

7) Mix the urine by shaking the orange container for at least 30 seconds then pour the urine into the specimen vial labeled "POST Sample #2". Fill the vial up to the top of the label and then tighten the screw cap securely.

8) Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. ***The test cannot be performed without the patient information on the vial.*** Place the #2 vial into the zip-lock bag containing sample #1, then place the bag in the cardboard shipping box.

9) Fill out the test requisition form completely and sign it. ***The test cannot be performed without a properly filled out requisition.*** Place the completed requisition form in the cardboard shipping box. The specimens are now ready for shipment.

For best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimens on the same day you finish the collection, such as over a weekend or holiday, put the specimens into a refrigerator until you are ready to ship the test collection kit.

**Consult your physician if you have any questions during the test collection process.**