






**AMINO ACIDS TESTING WARNING: Vial contains approximately 120 mg of oxalic acid. KEEP OUT OF REACH OF SMALL CHILDREN. DO NOT INGEST OR INHALE.** Wipe spills with a wet towel. In case of contact with skin, wash with soap and plenty of water. In case of accidental contact to eye or ingestion, rinse with plenty of water. Seek medical attention if warranted.

## Before You Begin Collections

1. Save the cardboard box and place the gel pack flat into the freezer (for at least 4 hours) to ship the sample back to us.
2. Send the sample off to the lab **Monday through Thursday**. Samples shipping on Friday will not only incur extra shipping charges, but may also compromise the sample due to the lab being closed over the weekend.
3. Please check the specimen requirements below for patient preparation instructions.
4. Only use containers supplied by GPL to avoid contamination of specimens.
5. Fill out the Test Requisition Form completely. Please PRINT clearly. For US patients, a physician authorization is required.
6. Females, please do not collect samples during menstrual cycle.
7. Limit liquid intake starting at 6pm the night prior to collection to avoid sample dilution. Urine must be yellow in color, if urine is clear the sample is too diluted. Discard diluted sample, rinse collection cup in hot water only (no soap), air dry, then re-collect.
8. If you have any questions, please call Customer Service at (913) 341-8949 or email CustomerService@GPL4U.com.



## Urine Testing Requirements

Test	Min.	Items to Discontinue	Urine Collection	After Collection
<b>Amino Acids Urine Test</b> 	25 mL Urine	Discontinue any amino acid supplements 48 hours prior to collection. The test requires no special diet but if you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting collection. <i>Never discontinue prescription medications without first consulting your physician.</i>	Collect the first morning urine in the collection cup provided.  Collecting sample prior to eating or drinking is preferred.	Pour some of the urine into the white specimen vial to the fill line – do not underfill, make sure to leave at least 5 mL remaining in collection cup.  Secure lids tightly on both the collection cup and specimen vial. Invert vial 5 times to mix urine with the preservative.  Freeze both cup and vial until ready to ship. Ship vial and cup with frozen gel pack.
<b>Organic Acids + Amino Acids Combo Test</b> 	35 mL Urine	Avoid apples, grapes, pears, and cranberries as well as their juices or products 48 hours before collection. Avoid arabinogalactan, echinacea, reishi mushrooms, ribose supplements, and any amino acid supplement for 48 hours before collection. The test requires no special diet but if you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting collection. <i>Never discontinue prescription medications without first consulting your physician.</i>	Collect the first morning urine in the collection cup provided.  Collecting sample prior to eating or drinking is preferred.	Pour some of the urine into the white specimen vial to the fill line – do not underfill, make sure to leave at least 10 mL remaining in collection cup.  Secure lids tightly on both the collection cup and specimen vial. Invert vial 5 times to mix urine with the preservative.  Freeze both cup and vial until ready to ship. Ship vial and cup with frozen gel pack.
<b>Amino Acid 24 Hour Urine</b> 	50 mL Urine	Discontinue any amino acid supplements 48 hours prior to collection. The test requires no special diet but if you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting collection. <i>Never discontinue prescription medications without first consulting your physician.</i>	Begin by collecting the 2nd urination of the day. Urinate into the large clear collection container.  Continue collecting urine for 24 hours, including the first urination of the next morning. Keep urine refrigerated in between voids.	Mix the urine in the large container. Record the TOTAL VOLUME on the Test Requisition Form. Failure to record the total volume may skew test results. Pour urine into the white-topped vial to the fill line – DO NOT underfill. Pour 5mL of urine into the yellow-top collection cup. Screw lids tightly on both the cup and vial. Invert vial 5 times to mix urine with the preservative.  Freeze both the cup and vial until ready to ship. Ship the cup and vial with the frozen gel pack. DO NOT ship the large collection container.

## Preparing and Shipping Specimens

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1. Print the patient's full name, time and collection date on the side of the urine cup and red-topped vial.
2. Place urine specimen(s) into the biohazard zip-lock bag along with the absorbent packing sheet. Place frozen ice pack and urine sample(s) into the silver thermo bag. Place the silver thermo bag into the box. Fold and place the completed TRF in the box and close the lid. Place the box in the FedEx Clinical Pak. Note: The urine sample **MUST** be in the cardboard box or the shipment will be rejected by FedEx.
3. Seal the FedEx Clinical Pak. Please take note of the shipping/tracking number if you would like to track the package.
4. Call FedEx at 1-800-463-3339 for pickup. Mention you need to schedule a pick-up using a billable stamp. Do not put kits in a FedEx drop box.

## Turn Around Time

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Please note that most test results take a minimum of **two weeks** to become available after the sample arrives at our facility.