

Items Needed for Collection

URINE/PLASMA COLLECTION

- 1 – Kit Box
- 1 – Test Request Form (TRF)
- 1 – Urine Specimen Cup
- 1 – Screw Top Vial
- 1 – ACD Vacutainer (Yellow Top)

- 1 – Plastic Transfer Pipette
- 1 – Foam Tube Holder
- 2 – Clear Plastic Zip Closure Bags with Ice Packs
- 2 – Zip Closure Specimen Bags with Absorbent Pads
- 1 – FedEx Overnight Shipper Bag

If you are missing any of the needed components or have questions about the collection, please call Diagnostic Solutions Laboratory Customer Service Department at 877-485-5336.

PATIENT: FIRST MORNING URINE COLLECTION INSTRUCTIONS

FOLLOW INSTRUCTIONS CAREFULLY – IMPROPER COLLECTION MAY INVALIDATE RESULTS OR RESULT IN A REJECTED SAMPLE

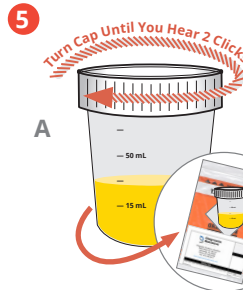
Avoid consuming fruits, jams, and jellies for 48 hours prior to collecting your sample. Please speak with your healthcare provider before discontinuing nutritional supplements or medications.

1 **NOTE:** Please review all instructions and collection kit components before starting your sample collection. **You will need to take collected urine sample with you to your appointment to ship with your blood sample.**



A) Prior to bed, empty your bladder and discard. **DO NOT** collect this urine specimen.

B) The sample you will collect is a first morning urine. *Ensure it has been at least six (6) hours since you emptied your bladder.*

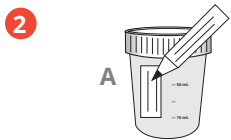


A) Be sure the top is properly and fully closed. Wipe any drops off the outside of the cup.

*The top is fully closed when TWO CLICKS are heard while closing the sample. If two clicks are not heard, open and re-close the sample until heard**

B) Place sample into zip closure specimen bag and seal carefully.

** The sample must be fully closed and sealed. Samples that have leaked in the specimen bag will be rejected upon arrival at the laboratory.*

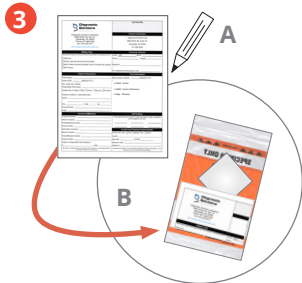


A) Write the patient name, date of birth, and date of collection on the specimen cup label with permanent marker pen.



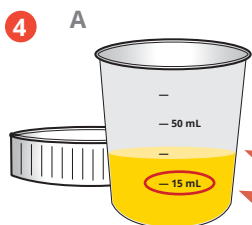
A) Place zip closure specimen bag with all contents into the freezer and keep it cool until your blood draw appointment.

If you cannot get blood drawn on the day of collection, keep the collected urine sample in the freezer until you are able to do so. Remember to take sample with you when you go for your blood draw.



A) Complete all sections of the Test Request Form, including date of collection and payment type.

B) Place completed Test Request Form into the document holder on the specimen bag.



A) Upon waking in the morning, remove the top of the specimen cup and set it aside safely for reuse, then urinate directly into the cup.

DO NOT fill the cup more than 50 mL. ENSURE there is at least 15 mL of urine.



On Day of Blood Draw:

A) Place the specimen bag (including the urine sample, instruction sheet, and completed TRF) inside the kit box.

B) Take the complete kit to your blood draw appointment and deliver it to your provider.

Keep urine sample cool and away from heat sources or direct sunlight. Do not allow sample to sit in a hot car for extended periods of time.

INSTRUCTIONS FOR PHLEBOTOMIST ON REVERSE SIDE

Patient: Take the complete kit (including cooled/frozen urine sample and instructions) to your blood draw appointment. Do not discard these instructions.