

Step 3:

Ship the specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Please refer to the shipping instruction insert found in your kit box.

Oxidative Stress 2.0 (Urine) (Lipid Peroxides & 8-OHdG)

IS-4104

Patient Collection Instructions



Check Your Kit

- | | |
|----------------------------|---------------------------------------|
| A - 1 Urine collection cup | G - 1 Rubber band |
| B - 1 Pipette | H - 1 Biohazard bag and absorbent pad |
| C - 1 Glove | I - 1 Requisition |
| D - 1 Urine transfer tube | J - 1 Prepaid mailing envelope |
| E - 1 Freezer brick | K - 1 Collection label |
| F - 1 Foam insulator box | |

- If any items are missing or expired, call Client Services at 800.522.4762 and press "1".
- Keep the kit box for shipping your specimen to the lab.

Step 1:

Important things to know and consider

- Abnormal kidney function or use of diuretics may influence test results. This test should not be performed on individuals with kidney disorders. In addition, certain medicines may impact test results [e.g. cephalosporins (e.g. Cefoxitin), cimetidine (Tagamet), fibrates (e.g. Ciprofibrate) and trimethoprim-sulfamethoxazole (Bactrim)]. Let your physician know about your use of these medications. Do not change use of medications unless instructed to do so by your healthcare provider.

Schedule & Prepare for your urine collection

- Avoid over-hydration. Aim for an average overall fluid intake of 1/2 ounce of water/fluid per pound of body weight per day.
Example: 130 lbs = 65 ounces (eight 8 oz glasses per day)
- **Freeze the enclosed freezer brick** a minimum of 8 hours before shipping.
- **Refer to the shipping instruction insert for specimen shipment instructions.**
- Female patients should not collect urine during a menstrual period.
- **Complete the Requisition Form** with all patient and billing information. Be sure it is signed by the Patient/Responsible Party and the healthcare provider. *Enter date in box labeled "Date Final Sample Collected"*

Step 2:

Collecting your urine specimen

Not following these instructions may affect your test results.



- 1** Using a ballpoint pen or pencil only, **write your full name and the time and date of collection** on the label provided. Affix to the urine transfer tube.



- 2** After awakening for the day, **collect your first morning urine** into the collection cup provided. *(Note: If you wake up to urinate during the night within six hours before your rising time, collect your urine and refrigerate it; then add that refrigerated sample to the urine you collect when you rise for the day.)*



- 3** Use the pipette to transfer urine from the collection cup into the tube until nearly full.



- 4** Recap the tube tightly and shake the tube to mix thoroughly.



- 5** Place the filled tube into the biohazard bag and freeze a minimum of 2 hours.

Consult your healthcare provider if you have any questions at any time during this test.