

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.

- Plan to ship the specimen Monday – Thursday overnight delivery
- Call 1.800.GoFedEx (1.800.463.3339) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package”. Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- **Make sure the tubes are tightly closed and identified** with completed labels. Seal the tubes in the Biohazard bag.
- **Place the Biohazard bag and the frozen gel pack** in the Flexfoil pack. Then seal the Flexfoil pack by removing the white strip over the adhesive line and folding flap over.
- **Place Flexfoil pack (with specimens) inside kit box** and **place completed and signed requisition** on top before closing. *Do not staple or tape the box.*
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. *DO NOT mark or write in any other sections.*
- Put the kit box into the envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.



GENOVA
DIAGNOSTICS®

Amino Acid Analysis, FMV

IS-3685

Patient Instructions for Urine Collection



Check Your Kit

- A - 1 Disposable plastic cup
- B - 1 Green-top preservative tube
- C - 2 Collection labels
- D - 1 Clear top transfer tube
- E - 1 Biohazard bag with absorbent pad
- F - 1 Glove
- G - 1 Pipette
- H - 1 Gel freezer pack
- I - 1 Flexfoil pack
- J - 1 Requisition (to be completed and signed)
- K - 1 Prepaid mailing envelope

- 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.

GENOVA
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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. Bactrim, Tagamet). 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

- Schedule to **begin the test Sunday through Thursday only**, to ensure weekday delivery to the laboratory.
- **Refer to the shipping instruction insert for specimen shipment instructions.** *Specimens must be frozen prior to shipment and received by the laboratory within 48 hours of collection.*
- **Freeze the enclosed gel freezer pack** a minimum of 4 hours before shipping.
- **4 days before the test discontinue all non-essential medications**, including acetaminophen and all over-the-counter cold remedies, all vitamins, minerals and amino acids – including creatine, enhanced sports drinks and vitamin waters, all herbal supplements, adrenal steroids, corticosteroids, antihistamines, penicillins or D-penicillamine, aminoglycoside antibiotics, cephalosporin-C, cephamycins, amphetamines, and phenothiazine derivatives, *unless instructed otherwise by your physician.*
- **On the day of collection avoid foods and drinks containing aspartame** (sugar substitutes such as Equal® or Nutrasweet®). Otherwise, eat your usual diet and consume liquids as you would normally.
- **CAUTIONS:** A very small amount of Sulfosalicylic Acid is contained in the tube as a preservative. Avoid contact of the eyes or skin with the fluid in the tube. *For eye contact, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water.* Do not inhale or ingest powder.
- Test cannot be performed on patients 13 months of age or younger.
- 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 Write your full name, time, and date of collection** on the both collection labels using a ballpoint pen or pencil only, and *place the labels on the green-top tube and the clear top tube.*



- 2 After awakening for the day (after 6 to 8 hours sleep), collect your first morning urine in the collection cup** provided in your kit. *After filling the cup, pass any additional urine into the toilet. (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 *clear top tube* to reach the 5ml mark. Screw top on the tube tightly.



- 4 Use the pipette to transfer urine** from the collection cup into the *green top tube* to reach the 12ml mark. Screw top on the tube tightly.



- 5 Recap the tube tightly and shake** it to mix thoroughly. Discard the remaining urine, the collection cup, the pipette, and the glove.



- 6 Place the filled tubes into the biohazard bag** and freeze a minimum of 2 hours prior to shipping. Keep samples frozen until ready for shipping.

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