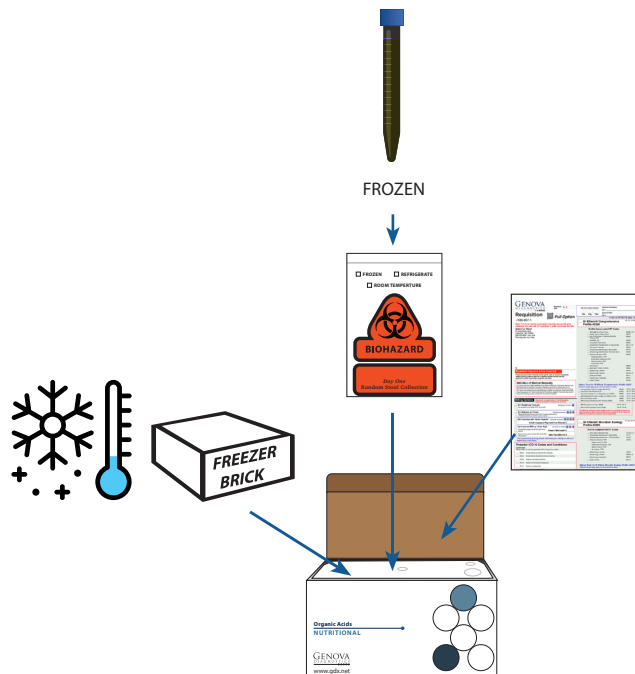


## FINAL PREP AND SHIPPING

1. Place biohazard bag with frozen urine tubes, frozen freezer brick, and absorbent material in foam insulator box inside the outer collection box.

## RETURN CHECKLIST

- The tube **labelled** with your **name, time, and date of collection**
- **FROZEN BLUE-TOP AMBER TUBE**
- **TEST REQUISITION**
- Frozen tube inside biohazard bag with absorbent pads
- All materials including frozen freezer brick inside Genova box



## SHIP THE SPECIMEN(S) TO THE LAB

Specimen(s) must be returned in the Genova Diagnostics box.

Please refer to the shipping instruction insert found in your collection box.

**GENOVA**  
DIAGNOSTICS<sup>®</sup>

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Organic Acids  
NUTRITIONAL

## Patient Collection Instructions

For Test #3300

Test prep, FAQs, and the collection video can be found at [www.gdx.net/nutrevalprep](http://www.gdx.net/nutrevalprep) or scan the QR Code.



### Shipping Notice:

Finish collection and ship **Monday through Friday**.  
US holidays can affect shipping times.

## COLLECTION MATERIALS - KEEP OUTER BOX FOR SHIPPING TO LAB

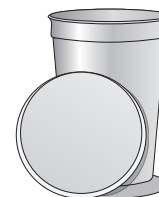
### AT-HOME URINE COLLECTION



Blue-top  
amber tube



Pipette



Cup with lid

- FOAM INSULATOR BOX
- FREEZER BRICK
- GLOVE
- BIOHAZARD BAGS WITH ABSORBENT MATERIAL
- TEST REQUISITION FORM
- FEDEX® ENVELOPE
- BILLABLE STAMP

## TEST REQUISITION FORM - RETURN WITH SHIPPING BOX

Complete all sections using the **paper form** included

or




online at [www.gdx.net/mygdx](http://www.gdx.net/mygdx) for clinicians  
[www.gdx.net/prc](http://www.gdx.net/prc) for patients






Watch the How-to Video at  
[www.gdx.net/mygdx](http://www.gdx.net/mygdx) or [www.gdx.net/prc](http://www.gdx.net/prc)

Both methods require the **paper form to be returned with the pack.**



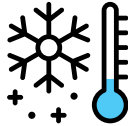

**VERY IMPORTANT**

 <p><b>Abnormal kidney</b> function or use of diuretics may influence test results</p>	 <p><b>Do not collect</b> if there is blood in urine, including menstrual or other blood</p>	 <p><b>Medications</b> <b>Check</b> with your clinician whether it is necessary to discontinue medications/supplements.</p>
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**VERY IMPORTANT 4 DAYS BEFORE THE TEST**

 <p>Valproic acid, acetaminophen and berberine HCl are direct assay interferants for certain analytes.</p>	 <p>Some clinicians choose to <b>discontinue</b> non-essential nutritional supplements to get a "baseline" reading</p>	 <p>Some clinicians choose to <b>continue</b> nutritional supplementation to assess the efficacy of treatments</p>
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**THE DAY BEFORE THE URINE COLLECTION**

 <p><b>Eat usual diet</b> avoid over-eating any single food or extreme diet</p>	 <p><b>Limit to (6) 8-ounce glasses of fluid</b> over 24 hours before collection</p>	 <p><b>Freeze</b> the freezer brick overnight</p>	 <p><b>Fast overnight</b> prior to urine collection - water is okay</p>
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**URINE COLLECTION**

- 1. Write** your **name**, **time**, and **date of collection** on the tube using a ballpoint pen or pencil only.
- 2. If you wake up during the night**, within 6 hours of your morning urination, **collect** that urine into the cup and **refrigerate** it. Upon waking in the morning, **collect** your urine **into the same cup**.
- 3. Use** the pipette to **transfer** urine from the cup into the **Blue-top amber tube** until nearly full.
- 4. Recap** the tube tightly and **shake**.
- 5. Place** the tube into the biohazard bag and **freeze** for a minimum of 2 hours.

