

Step 3:

Ship the specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- Bring your frozen urine specimens sealed in the biohazard bag to your blood draw appointment.
- Your physician's office will arrange for the urine specimen to be shipped via FedEx with your blood sample.

Bring the following samples with you to your physician's office for the blood draw:

3 VIALS - Patient Urine Collection

- ☐ 1 Green-Top Preservative Tube (FMV - frozen)
- ☐ 1 Blue-Top Amber Tube (FMV - frozen)
- ☐ 1 Green-Top Urine Tube (FMV - frozen)

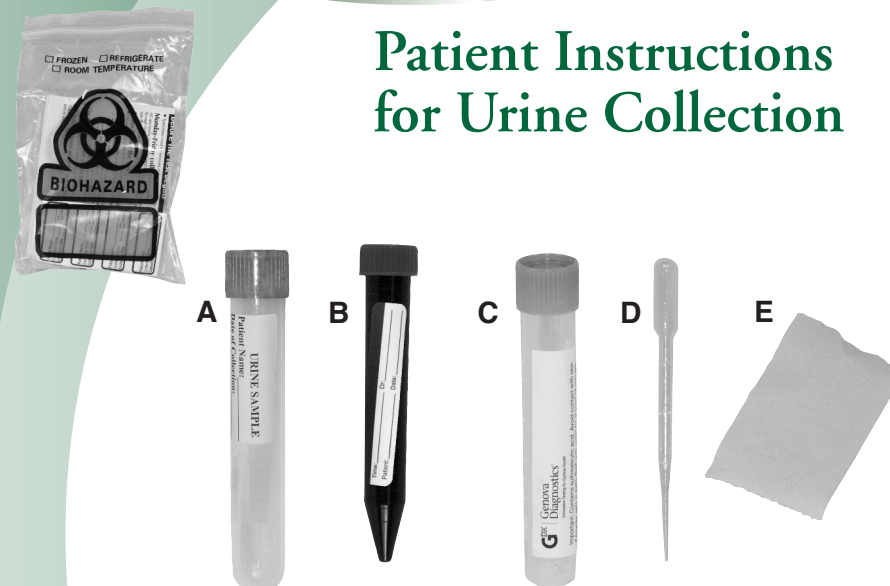
If missing ANY tube, all 3 FMV tubes must be recollected

NutrEval® (#86)

FMV amino acids

IS-3742

Patient Instructions for Urine Collection



Check Your Kit

“Bag One” with the following enclosed:

- A - 1 Green-top urine tube
- B - 1 Blue-top Amber tube
- C - 1 Green-top preservative tube
- D - 1 Pipette
- E - 1 Absorbent Pad

- If any items are missing or expired, call Client Services at 800.522.4762 and press “1”.

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. adrenal steroids including corticosteroids, aminoglycoside antibiotics, amphetamines, antihistamines, cephalosporin-C and cephamycins (e.g. Cefoxitin), cimetidine (Tagamet), fibrates (e.g. Ciprofibrate), penicillin or D-penicillamine, phenothiazine derivatives, 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.
- **4 Days before the test** discontinue all of the following (*unless instructed otherwise by your physician*): Non-essential medications including acetaminophen and over-the-counter cold remedies; any vitamins, minerals, amino acids, and herbal supplements taken regularly – including enhanced sports drinks, energy drinks, and vitamin waters.
- **2 days before the test:** (unless instructed otherwise by your physician) Discontinue creatine, alpha-ketoglutarate, and malic acid supplements, as well as citrate, malate, or orotate forms of minerals.
- **24 hrs before the test:** Avoid eating or drinking any products containing aspartame (Nutra-Sweet, Equal, Spoonful) and monosodium glutamate (MSG), and avoid over-consuming any single food. Otherwise, eat your usual diet. Limit fluid intake to eight 8-ounce glasses of fluid over a 24 hour period.

Schedule & Prepare for the urine collection

- Female patients should not collect urine during a menstrual period.
- **Fast overnight** (at least 8 hours) prior to the urine collection.
- Plan for **Monday-Friday collection only**: Specimens must be received in the laboratory frozen within 24 hours of collection. Please take your urine specimen to your physician's office with you for your scheduled blood draw.

● **Urine samples must arrive at healthcare provider's office frozen. DO NOT allow urine samples to thaw in transport.**

Step 2:

Collecting your urine specimen

Not following these instructions may affect your test results.

* **CAUTIONS:** • Do not discard powder or liquid in tubes. • Avoid contact of the eyes or skin with the powder or liquid in the tube. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. • Do not inhale or ingest powder or liquid. For accidental ingestion, contact your healthcare provider at once.



1 Please write your full name and the date of collection on each tube.



2 After awakening for the day, **collect your first morning urine** into a sterile collection cup provided by the physician or a clean, disposable container. 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 tubes until all three are nearly full.



4 Recap the tubes tightly and shake the tubes to mix thoroughly.



5 Place the filled tubes into the biohazard bag labeled BAG ONE and freeze a minimum of 2 hours. Tubes **MUST** be delivered frozen to your healthcare provider's office.

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