

Items Needed for Collection

URINE COLLECTION

- 1 – Kit Box
- 1 – Test Request Form (TRF)
- 1 – Urine Specimen Cup

- 1 – Zip Closure Specimen Bag with Absorbent Pad
- 1 – FedEx 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.

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. *Sample must be frozen prior to shipment.*



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.*

5 *Turn Cap Until You Hear 2 Clicks*



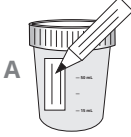
A) Be sure the top is properly and fully closed. Wipe any drops off the outside of the cup.

*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.*

2



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

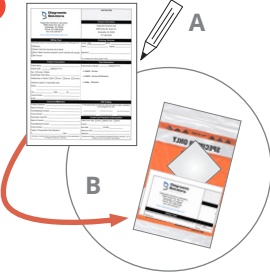
6



A) Place zip closure specimen bag with all contents into the freezer.

B) Allow urine to freeze for a minimum of 2 hours prior to shipping.

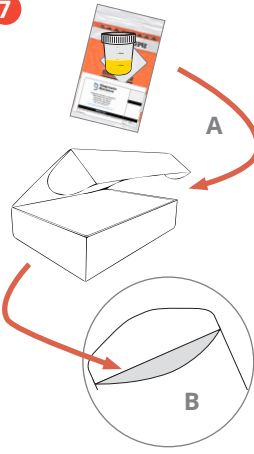
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A) Complete all sections of the Test Request Form, including date of collection and payment type.

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

7 **On Day of Shipping:**

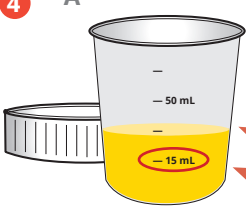


A) Place the frozen specimen bag (including the urine sample, and completed TRF) inside the kit box.

B) Place the kit box in the supplied FedEx shipper bag and ship to Diagnostic Solutions Laboratory for testing. Make note of your tracking number.*

** If you cannot ship the specimen on the day of collection, keep the collected urine sample in the freezer until you are able to ship.*

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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.

SHIPPING INSTRUCTIONS: Call FedEx at 1-800-463-3339 to Schedule Your Free Pickup

1. When the automated greeting begins say, "Schedule a pickup."
2. When asked if your label has the word "Stamp" on it, say, "Yes."
3. Your tracking number can be found on the Return Label.