



Amino Acids 24 Hour Urine Sample Collection Instructions

(samples will be referred from Biolab to Doctor's Data in America)

Before you start:

Please read all the instructions and familiarise yourself with the collection procedures. If the patient is taking antibiotic medications, please finish the course of medication, and then wait two days before starting this collection. Please refrain from taking non-essential medications or dietary supplements for 48 hours prior to and during the specimen collection, unless otherwise instructed by your practitioner. Never discontinue prescription medications without first consulting your doctor.

Female patients should not collect urine during a menstrual period.

You are required to provide an aliquot of a 24 hour urine collection for this test (instructions below but do not hesitate to contact us if you have any questions).

Verify Kit Contents:

- 1 x Test Request form
- 1 x Ice-pack
- 1 x Urine specimen bottle (white capped)
- 1 x BIOLAB return address label
- 1 x Zip lock plastic bag for return of sample
- 1 x Padded envelope to return sample to Biolab (as used to provide test kit)

Contact Biolab if any of the kit components are missing.

Returning the samples to Biolab

Please use the original padded envelope to return your sample to Biolab. The final aliquot of urine must be frozen for a minimum of 6 hours prior to returning to Biolab (see further details below). We recommend that you use Royal Mail Special Delivery to return the kit to Biolab thereby guaranteeing next working-day delivery avoiding weekends.

P.T.O.

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Collection :

1. Have a pre-rinsed plastic vessel of 2-3 litres capacity available for the collection of your urine sample (available from Biolab on request).
2. First thing in the morning that you plan to collect urine discard the first urine passed. Begin the collection with the second urination and collect all other urine up to and including the first urine passed on the following day.
3. Store the collection vessel in a fridge until the final sample is collected.
4. Mix the total sample well (shake for 20 seconds) and then carefully measure the total volume collected (or if you are hand-delivering the sample to Biolab, we can measure the total volume). The total volume must be recorded clearly on the request form and on the sample label
5. Carefully pour approximately 10ml of the total well-mixed urine collection into the urine specimen container and ensure that you tighten the cap (do not fill to the brim as the sample will expand when it freezes). Label the container clearly with the patient's name, date of birth, date of collection and total urine volume – **The test cannot be completed without this information.**
6. Place the specimen container into the plastic postal carrier and place into the zip-lock bag, then place the bag and the foam freezer brick into a freezer until frozen solid (for a minimum of 6 hours) – it is not necessary to freeze the sample if you are delivering the sample to Biolab on the day you complete the urine collection.
7. Please carefully record on the request form the patient's full name, date of birth, address and the date of collection. Please also record the total urine volume, and patient's height and weight which are required for the laboratory to create a personalised supplement programme based on the results.
8. Retrieve the bag containing the frozen specimen and the ice pack and return to Biolab by next working day delivery avoiding weekends (i.e. *Royal mail Special Delivery*). If there is any delay before returning the sample it should be kept frozen.

Do not hesitate to contact us if you have any further questions.