



NUTRITIONAL & ENVIRONMENTAL MEDICINE

First-Morning Urine Collection Instructions for Great Plains Laboratory Tests

(samples will be referred from Biolab to Great Plains Laboratory in America)

To ensure the accuracy of your test results please read the instructions below carefully in advance and then follow the instructions precisely when providing and returning your sample(s).

Do not hesitate to contact us at Biolab if you have any questions or require a replacement test kit.

Verify Kit Contents:

1. Biolab pathology request form
2. Urine sample bottle (one or two sample bottles will be provided depending on the number of tests requested – see chart below)
3. Plastic postal protective carrier(s) for specimen bottle(s)
4. Plastic bag for specimen (and request form in outer pouch)
5. Postal bag for return of specimen
6. BIOLAB return address label
7. Ice-pack (for international samples that may not reach us within 24 hours of collection – freeze on receipt)

Please contact Biolab if any of the kit components are missing.

Test	First morning urine sample. A 30ml sample bottle is sufficient for two individual tests. Females: do not collect during menstruation.	Foods & supplements to discontinue (We recommend avoiding mineral and vitamin supplements for 24-48 hours before providing a urine sample for these tests)
Organic Acids (OAT) or Microbial Organic Acids (MOAT)	1 sample bottle (10ml minimum)	Avoid apples, grapes, pears, and cranberries as well as their juices or products 48 hours before collection. Avoid arabinogalactan, echinacea, reishi mushrooms, and ribose supplements for 48 hours before collection.
EnviroTox (OATS, GPL-TOX and Glyphosate)	2 sample bottles (30ml minimum)	
Envirotox Complete (OATS, GPL-TOX, MycoTox and Glyphosate)	2 sample bottles (40ml minimum)	As above, plus below for MycoTox:
MycoTOX – Mycotoxins Profile	1 sample bottle (10ml minimum)	Avoid glutathione and binders such as charcoal or bentonite clay for 72 hours. Patients taking mycophenolate mofetil (CellCept/Myfortic) will not get an accurate value for the marker Mycophenolic Acid (all other markers will report adequately). If you are taking this drug, please indicate on the test request form to inform laboratory personnel and help prevent sample errors.
GPL-TOX – Organic Toxic Chemicals Profile	1 sample bottle (10ml minimum)	None
Glyphosate	1 sample bottle (10ml minimum)	None

Continued overleaf

Pre-Test Instructions

If you are taking antibiotics or probiotics please discuss with your practitioner as to when it would be best to provide your urine specimen if you are having an organic acids test.

Try to limit liquid intake starting at 6pm the night prior to collection to avoid urine sample dilution.

Complete the enclosed Biolab pathology request form fully and clearly (we cannot process the sample without the information requested on this form).

Sample Collection

Collect a mid-stream sample of your urine from the first urine passed in the morning – this sample should be a significant yellow colour, if urine is clear the sample is too dilute. Discard dilute sample, rinse specimen bottle(s) in hot water only (no soap) and air dry, then recollect the following morning.

If a sample that is too dilute for analysis is submitted, then a repeat test kit will be offered for no additional charge.

The specimen bottle(s) should be no more than 2/3 full. Securely tighten the screw-cap of the sample bottle

Clearly label the sample(s) with your name, date and time of collection and date of birth.

Put the specimen bottle(s) in the plastic postal protective carrier and then place in the sealable plastic bag.

Store the sample(s) in a freezer if there is any delay before posting (posting frozen or chilled helps to reduce any bacterial growth in the sample – we will freeze the sample on receipt).

Return of Sample to Biolab

The sample(s) AND the completed pathology request form should be placed in the supplied return postal bag as close to the time of posting as possible.

Unless you are paying your practitioner directly for this test, please include payment or card details with the sample.

Your sample should be returned to Biolab by next-day delivery, we recommend using Royal Mail's Special Delivery pre-1pm delivery service (avoiding delivery at weekends & Bank Holidays - post Monday to Thursday only). Samples can also be hand-delivered to our laboratory Monday to Friday between 9am and 5pm.

International samples – special note:

If the sample is being submitted from outside of the UK freeze the sample for a minimum of 3 hours before sending and pack alongside the frozen ice-pack supplied with the kit (only supplied with international test kits). A delivery method that ensures delivery within 72 hours, whilst avoiding weekend delivery, should be chosen.

It is very important to collect and package the sample as instructed above. If you have any questions please don't hesitate to e-mail or call us.