


After collecting your urine sample and it having been kept refrigerated until ready to be forwarded to NutriPATH Pathology, attend the pathology collection centre as early as possible in the morning (with your blood collection kit) to have the blood specimens collected.

PART 2 PATHOLOGY COLLECTOR INSTRUCTIONS

1. Confirm the patient has fasted for this test and note it down on the request form.
2. Prior to sample collection, all sample vacutainers must be labelled with
 - patient first name/surname
 - date of birth
 - time and date of collection
3. The pathology collector must collect full vials - 2 x SST, 2 x Na Heparin, 1 x EDTA, 1 x Citrate and 1 x K2EDTA (clear tube).
The blood MUST be collected using the tubes provided inside this collection kit.
4. The 2 x SST tubes and the 1 x K2EDTA (clear tube) are to be centrifuged.
5. The 2 x Na Heparin, the 1 x EDTA and the 1 x Citrate tube DO NOT require centrifugation.
6. Return all samples to the patient for shipping.

PATIENT SHIPPING INSTRUCTIONS

1. Ensure that all sections on the NutriPATH request form are completed. This includes (patient name, date of birth, residential address, credit card details and test analysis/required).
2. Place all Vacutainer tubes into the re-sealable section of the specimen transport bag, along with completed NutriPATH request form.
3. Complete the 'NutriPATH Patient Checklist Form' prior to sending the samples back to the laboratory to ensure no delays in test results. This checklist is for your reference only and DOES NOT need to be returned.
4. Place the two specimen transport bags (**one containing the Urine sample from earlier, and one containing the Blood samples**) into the Reply Paid Post Padded Envelope

5.  Seal the Reply Paid Post Padded Envelope and return to NutriPATH via your nearest Australia Post outlet or yellow express post bin on that same day.
If you wish to track your sample, please take note of the tracking number listed on the Reply Paid Post Padded Envelope.

FREQUENTLY ASKED QUESTIONS

Can I post my sample on a Thursday or a Friday?

We do not advise posting samples back on a Thursday or Friday. NutriPATH provides pre-paid return express packaging in the collection kit, however we cannot guarantee next day delivery. We strongly recommend collecting and returning your sample earlier in the week to ensure the sample arrives back at the laboratory in the same working week.

Where can I have my blood sample collected?

Please refer to section "WHERE CAN I HAVE MY BLOOD SAMPLE COLLECTED?" on previous page.

Am I required to fast prior to this blood collection?

Yes, fasting is important for a minimum 8-10 hours prior to collection. When you eat and drink normally, those foods and beverages are absorbed into your bloodstream which can affect the results.

Can I drink water while fasting?

Yes, it's good to drink water before a blood collection. It helps keep more fluid in your veins, which can make it easier to draw blood.

Do my samples need to be sent on ice?

It is advised to keep the urine monovettes frozen until you are ready to post both the blood and urine samples, however they DO NOT need to be transported on ice.

If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.

If you experience any issues during the process, please contact us on 1300 688 522. We will happily assist you.

"Thank you for your request. Results will be forwarded to your referring practitioner upon completion."



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Nutri-STAT

Collection Instructions

Version 4: July 2023

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

Before proceeding, please read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection.

IMPORTANT PRE-COLLECTION INFORMATION

- **COLLECT THE SAMPLES ONLY ON A MONDAY OR TUESDAY MORNING.**
- Fasting for a minimum of 8-10 hours prior to collection is required.
- 4 days before the test discontinue non-essential supplements (including protein powders, creatine, alpha-ketoglutarate and malic acid supplements, as well as citrate, malate or orotate forms of minerals).
- 24 hours before the test avoid eating or drinking any products that contain aspartame, MSG, or over consume a particular food.

URINE COLLECTION

- Avoid the following foods for **48 hours** prior to collecting the sample:
 - Alcohol, coffee, tea, caffeinated drinks, fruit juices
 - Avocado, bananas, chocolate, cocoa, cheese, citrus fruits, grapes, kiwi fruit, pineapple, plums, tomatoes, walnuts, pecans and vanilla.
- DO NOT proceed with sample collection if you are menstruating.
- If you are experiencing a urinary tract infection, delay collection of specimen until after completing treatment and wait 5 days.
- Limit fluid intake to avoid a dilute sample.

Consult with your healthcare practitioner beforehand as to the requirement of withholding prescriptive pharmaceuticals prior to collecting a sample.

Nutri-STAT Collection Kit

KIT CONTENTS:

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 1300 688 522.

Urine Collection

- 1 x 50ml screw cap container
- 2 x Urine monovettes (yellow)

Blood Collection

- 2 x SST tubes
- 2 x Na Heparin tubes
- 1 x EDTA tube
- 1 x Citrate tube
- 1 x K2EDTA tube



Other

- 1 x Specimen transport bag
- 1 x Reply Paid Post Padded Envelope
- 1 x Request form
- 2 x Adhesive stickers
- 1 x Collection instructions

WHERE CAN I HAVE MY BLOOD SAMPLE COLLECTED ?

NutriPATH has blood collection arrangements in place with the following laboratories in each state:

ACT Capital Pathology....one suitable collection centre located in Deakin

NSW Douglass Hanly Moir Pathology or Southern IML Pathology

QLD QML Pathology

SA Clinipath Pathology....phone (08) 8366 2000 to find a suitable location

TAS Hobart or Launceston Pathology

VIC Melbourne Pathology

WA Clinipath Pathology

NT Western Diagnostics

A list of local collection centres can be located via the NutriPATH website.

For a complete list of blood collection sites, visit www.nutripath.com.au

- Click on 'I am a Patient'

- Click on 'Collection Centres Australia Wide'

- At the bottom of the page, click on 'Select your State'

- Search by postcode or suburb to find your nearest location

If you are located on the border or cannot find a suitable location, please email info@nutripath.com.au for alternative options.

The pathology collection centre **SHOULD NOT** charge you a blood collection fee as NutriPATH hold a corporate collection account.

In the event that the pathology collector is unsure of the collection procedure, please contact NutriPATH on 1300 688 522.

Please note a \$35.00 blood collection fee will be charged by NutriPATH.

PART 1 URINE SPECIMEN COLLECTION INSTRUCTIONS

1. Collect your first morning urine into the 50ml screw cap container.
2. Assemble the two yellow urine monovettes as per the diagram on the following page. Collect 2 x 10mls of urine from the small 50ml container and seal the urine monovettes as shown in the diagram.
3. Complete the requested patient information on the two adhesive stickers provided and place the adhesive stickers on the urine monovettes. Ensure that the following is clearly printed on the two adhesive stickers:
 - Patient first/last name
 - Date of Birth
 - Date of collection
 - Urine volume in monovette
4. Also note the date of collection on your NutriPATH request form.
5. Place the urine monovettes in the re-sealable section of the specimen transport bag and close the bag by press-sealing the bag removing any air pockets that may form in the bag as you seal it.
6. Place the specimen bag in the freezer for at least 2 hours. Discard the remaining urine from the 50ml container.
7. Ensure that the original NutriPATH request form issued by your healthcare practitioner is completely filled out and has all your correct patient information listed.
8. **Continue onto Part 2 - collection of the blood sample.** Please note the urine and the blood sample are to be shipped together. Patient Shipping Instructions are located at the end of the Blood Sample Collection Instructions.

URINE MONOVETTE COLLECTION INSTRUCTIONS

