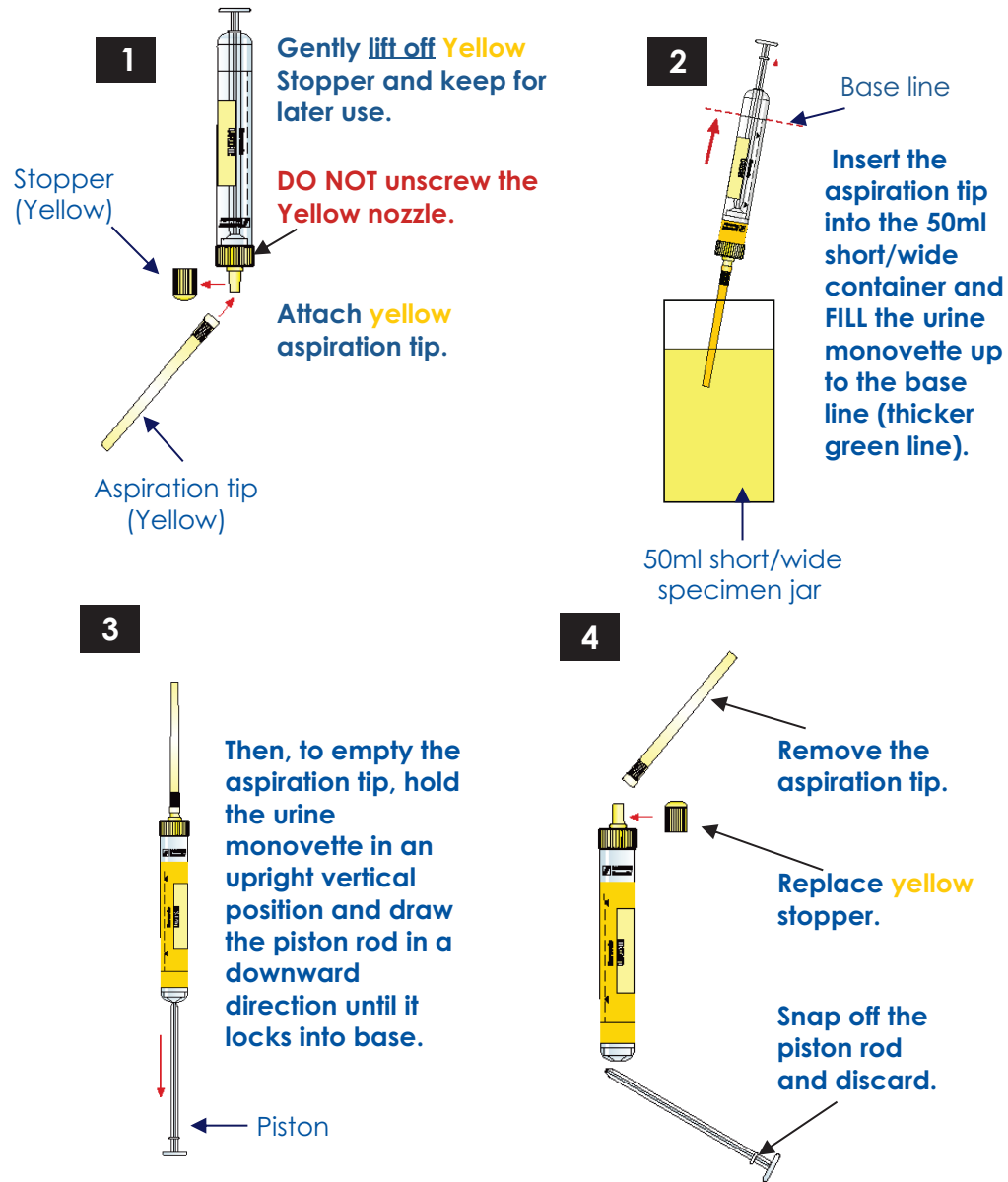


URINE MONOVETTE COLLECTION INSTRUCTIONS



URINE IODINE LOADING TEST (Urine spot and 24hr Urine) Collection Instructions

Version 1: April 2019

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 being required.

IMPORTANT PRE-COLLECTION INFORMATION

This test will involve two (2) urine collections.

- DO NOT eat seafood four (4) days prior to the challenge test as this may affect the test results.
- DO NOT proceed with sample collection if you are menstruating as this may contaminate the sample.
- STOP taking Iodine nutritional supplementation (2) day prior to testing unless advised otherwise.
- IMPORTANT: Please ensure you have labelled correctly your **PRE URINE** and **POST URINE** samples.

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.



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Iodine Loading Test 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.

- 1 x Iodine/Iodide tablet (50mg)
- 1 x 24 hour urine collapsible bag
- 1 x 50ml urine container (yellow)
- 2 x 10ml Urine monovettes (yellow)
- 1 x Collection instructions
- 1 x Reply Paid Post Padded Envelope
- 1 x Specimen transport bag
- 2 x Adhesive stickers
- 1 x Request form
- 1 x Patient checklist form



PART ONE: SPOT URINE MORNING COLLECTION INSTRUCTIONS

1. Collect your first morning urine into the 50ml yellow screw cap container.
2. Assemble the first **yellow urine monovette** as per the diagram on the back page. Collect 10mls of urine from the 50ml yellow screw cap container and seal the urine monovette as illustrated in the diagram.
3. Discard the remaining urine from the 50ml yellow screw cap container into the toilet.
4. Complete requested details on one of the adhesive stickers with the following information: **(full name, date of birth and date of collection)**. Label this sticker as the **'PRE-SPOT URINE'**. Place sticker on the completed urine monovette prior to proceeding.
5. Place the **PRE-SPOT URINE** monovette into the re-sealable section of the specimen transport bag and place it in to the freezer until ready to ship the sample back to the laboratory. Ensure this sample is labelled as **'PRE'**.

PART TWO: 24 HOUR URINE COLLECTION INSTRUCTIONS

6. Within 30 minutes of completing the PRE-SPOT urine sample, swallow the Iodine tablet with a glass of water. Note this as the starting time of your 24 hour urine collection. You may note the starting time here: _____
7. For the next 24 hours, collect all subsequent urine into the collapsible 24 hour urine bag. Females may use the additional 120ml plastic cup provided to collect urine and then carefully transfer the urine into the collapsible 24 hour urine bag after each urine collection.

PART TWO: 24 HOUR URINE COLLECTION INSTRUCTIONS (CONT'D)

8. The following morning collect all urine including the first morning urine into the 24 hour urine collapsible bag. Continue to collect urine until you reach your 24 hour period of collection which is the noted time on the previous day. This will complete your 24 hour urine collection.
9. After completing your 24 hour urine collection, hold the collapsible bag up from each corner and **accurately read the total urine volume collected** from the graduated scale on the bag.
NOTE THE TOTAL URINE VOLUME ON THE REQUEST FORM.
10. Shake the bag vigorously to ensure the urine has mixed thoroughly.
11. Assemble the **second yellow urine monovette** as per the diagram on the back page. Collect 10ml of urine from the 24 hour urine collapsible bag and seal the urine monovette as illustrated in the diagram.
12. Complete details on the second adhesive sticker with the following information: (Full name, date of birth, date of collection & **TOTAL URINE VOLUME** i.e. **2000mls**). Label this sticker as the **'POST-24 HOUR'** urine. Place sticker on the monovette.
13. Place this second yellow urine monovette with the other yellow urine monovette 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. Allow samples to freeze until ready to ship.
14. Discard the urine from the 24 hour collapsible bag and 50ml container.
15. Ensure that your NutriPATH request form has been correctly filled out and all patient information is correctly stated. This includes, full patient name, date of birth, residential address and telephone number.
16. Complete the **'NutriPATH Patient Checklist Form'** to ensure no delays in test results.
17. After 2 hours remove the specimen bag from the freezer. Place the request slip into the open pocket of the specimen transport bag.
18. Place the request form and specimen transport bag into 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.

To view a demonstration video on how to collect your sample, please visit our website www.nutripath.com.au, enter your Test Name in the "Search for a product" section and click on collection method video.

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