

## MAILING INSTRUCTIONS

### 1 COLLECT ON APPROPRIATE DAYS

Ensure that the test was collected on a **Monday** or **Tuesday** and is being shipped no later than a **Wednesday**.

**DO NOT SHIP ON THURSDAY OR FRIDAY.**  
**(If you cannot post by Tuesday, it may be possible to place the sample and ice pack in the freezer for posting on the following Monday).**

### 2 COMPLETE REQUISITION FORM

Ensure the **Requisition Form** is fully completed. *The test cannot be performed without a fully completed Requisition Form.*

### 3 LABELLING

Ensure all Specimen Collection Cups have been labelled with **Name, Date and Time of Collection** and **Date of Birth**.

### 4 PACKING THE SAMPLE

Place **cardboard collection box** (with samples) and **Requisition Form** into **Express Post Bag**.

### 5 DROP OFF

Drop off the **Express Post Bag** at your local post office between 2-5pm.

## AVOID THE SAMPLE BEING REJECTED

**\*Sample rejection incurs a \$50 recollection fee**

- ✓ Please ensure that all sample collection and storage requirements have been adhered to correctly.
- ✓ All fields on Requisition Form are completed.

Further information and FAQ's can be found at [RNLabs.com.au](http://RNLabs.com.au) under **Patient Resources**.




## CONTACT US

### FIRST MORNING VOID TEST - PAEDIATRIC

### FOR SHIPPING & COLLECTION QUERIES AND QUESTIONS

 1800 110 158

 18/93 Rivergate Place,  
Murarrie QLD 4172

 [Support@RNLabs.com.au](mailto:Support@RNLabs.com.au)

Organic Acids Test (OAT) | GPL-TOX |  
GPL-Mycotox | Glyphosate

### Contents

- 1x Requisition Form
- 1x Express Post Bag
- 1x Cardboard Box
- 1x Urine Collection Bag
- 1x Biohazard Ziplock Bag
- 1x Silver Thermo Bag
- 1x Ice Pack
- 1x Absorbent Material

**RN LABS CANNOT, UNDER ANY CIRCUMSTANCES, OFFER HEALTH ADVICE TO PATIENTS.**  
SHOULD YOU REQUIRE FURTHER SUPPORT, PLEASE CONTACT YOUR HEALTHCARE PRACTITIONER.

## COLLECTION INFORMATION

PLEASE READ ALL INSTRUCTIONS IN FULL BEFORE BEGINNING TEST



**1 PLACE ICE PACK IN FREEZER**

### CHECK LIST

- ✓ Ensure that the test sample is collected on a Sunday or Monday and shipped the next day (Monday or Tuesday) after overnight freeze. (DO NOT SHIP ON THURSDAY AND FRIDAY)
- ✓ Specimen Requirements: First Morning, mid-stream urine before food and drink. (Or, first urine catch after your longest stretch of sleep).
- ✓ Supplements & medications may alter results. Please check with your healthcare provider and follow their instructions. (Before making any changes to medications).
- ✓ Avoid excess fluid intake after your evening meal.
- ✓ Ensure to save the cardboard collection box to ship your samples back to RN Labs.

### DIET/MEDICATION REQUIREMENTS\*

\* All other panels do not have dietary requirements.

#### FOR ORGANIC ACIDS TEST (OAT)

##### AVOID FOR 48 HR PRIOR TO COLLECTION

- Aged/Processed Cheeses
- Apples
- Arabinogalactan
- Avocado
- Bananas
- Cranberries
- Echinacea
- Fruit Juice
- Grapes/Raisins
- Jelly
- Kiwi
- Pears
- Pecan
- Pineapple
- Plums/Prunes
- Reishi Mushrooms
- Ribose Supplements
- Tomato/Tomato Sauce
- Vanilla Extract
- Walnut
- Wine

#### FOR GLUTEN/CASEIN PEPTIDES TEST

##### AVOID FOR 1 WEEK PRIOR TO COLLECTION

Soy/Soy Containing foods  
(Soy Oil and Soy Lecithin are acceptable).

#### NON-ESSENTIAL MEDICATION

Please refrain from taking non-essential medications 48 hrs prior to and during the specimen collection, as advised by your practitioner.

## COLLECTION INFORMATION

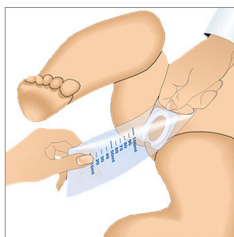
### BEFORE COLLECTION

- ✓ It is advisable to attach the bag before any liquid consumption.
- ✓ Make sure the pubic and genital areas have been thoroughly washed with warm soapy water and dried with sterile gauze/ paper towel.
- ✓ The genital area should be dry and free from powder.
- ✓ Wash your hands thoroughly and open the paediatric urine bag.
- ✗ DO NOT place your fingers inside the bag as this will contaminate the sample.

### FEMALE PREPARATION

- Position the wider part of the opening of the bag so that it covers the upper genitalia.
- Ensure that the small end of the opening is applied firmly to the skin in the area between the vagina and rectum.
- Apply gentle pressure to the adhesive area to seal.

### MALE PREPARATION



- Position the wider section of the opening is placed under scrotum.
- Insert the penis into the bag and apply firm pressure to the adhesive area to seal.

### TIPS

- A loose nappy may be applied if it would prevent disturbance of the sample bag (without impeding its filling).
- Discontinue use if skin develops allergy symptoms.
- if urine flow does not commence within 1 hour, a peer reviewed method exists to promote urination (Broomhall et al.) i.e.
- Tap with two fingers just above the pubis (suprapubic region), at a rate of 1 tap per second (for a period of 1 minute).
- If not successful in initiating flow, tapping sequence can be repeated once more.
- The child will usually spontaneously pass urine.

## COLLECTION INSTRUCTIONS

- 1 Encourage oral fluid intake.
- 2 Check every 15 minutes to see if urine has been passed.
- 3 Do not leave paediatric bag attached for more than 1 hour.
- 4 When specimen has been collected, remove bag gently, sticking adhesive surfaces together to seal bag.
- 5 Holding the bag over the opened urine specimen container and using clean scissors, cut off one corner, letting the urine run into the container. (NOTE: Minimum 10ml urine required).
- 6 Close the container lid tightly once complete. Dispose of plastic collection bag.
- 7 Write child's surname, first name, date of birth and date of collection on the container label.
- 8 Place sample in freezer.

## PREPARATION FOR SHIPPING

- 1 **PACK INTO SPECIMEN POUCH**  
Place Specimen Collection Cup & Absorbent Material inside the Biohazard Bag and close zip lock.  
**DO NOT put the Absorbent Material inside the collection cup!**
- 2 **REQUISITION FORM**  
Place the Test Requisition Form in the outer sleeve of the Biohazard Bag.
- 3 **TAKE ICE PACK OUT OF FREEZER**  
Place the frozen Ice Pack and Biohazard Bag into Silver Thermo Bag.
- 4 **PACK INTO BOX FOR FREEZING**  
Place Silver Thermo Bag in freezer until sample is frozen solid (usually about 6 hours minimum).

MAILING INSTRUCTIONS ON NEXT PAGE