



**Urinary Metabolic Profile
&
Environmental Pollutants Panel**

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| <p>Collection Kit Contents</p> <ul style="list-style-type: none"> · 1 Urine Collection Strip in Bag A · 1 Desiccant in Ziploc Bag B · 1 Test Requisition Form · 1 Mailing Envelope |
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To order supplies call US BioTek Laboratories during our normal business hours: 8:30 to 5:00pm PST.

08/14/09

Organic Acid Testing - Food Restrictions	
<i>foods suggested to be avoided for 48 hours prior to collection</i>	
Beverages	Seeds/Nuts
Alcoholic Beverages	Walnut
Tea & Coffee	Pecans
Juices (see fruit list)	
Vegetable Juices (see vegetable list)	
Vegetables & Fruits	Other
Avocado (Guacamole)	Aged and Processed Cheeses
Tomato	Jello-O™
Banana	Vanilla Extract
Grapes/Raisins	Ketchup
Kiwi	
Pineapple	
Plantain	
Plums/Prunes	
<i>Questions regarding diet & allergy are directed towards your healthcare provider</i>	
Environmental Pollutants Testing - Food Restrictions	
Sorbic Acid/Sorbate (a preservative)	
Benzoic Acid/Sodium Benzoate (a preservative)	

IMPORTANT SHIPPING INSTRUCTIONS

•Clearly print Patient's Name, Date of Birth, Sample Collection Date & Gender on label of **Ziploc Bag B** and **Test Requisition Form**.

•**Test Requisition Form** must also include:

- Practitioner's Signature · Date Sent · Test Request
- Billing Information
- ICD-9 code (if being billed through insurance)

US BioTek is NOT a Medicare or Medicaid provider.

Our test procedures are not reimbursable by both.

•**Missing or incomplete test request information will delay processing and extend turn-around time.**

•Mail specimens via US Postal Service.

•Specimens can be safely shipped at room temperature. The lab must receive specimen within 14 days at room temperature from date of collection.

SPECIMEN COLLECTION INSTRUCTIONS

Follow collection instructions carefully. Do not use kit past its expiration date. There is a \$15 fee for submittal of an unacceptable specimen.

Specimen Requirements:

•First morning urine before food and drink. Or, first urine catch after your longest stretch of sleep. Avoid collection during menstruation or urinary tract infection.

•**For Urinary Metabolic Profile, avoid foods listed under Food Restrictions provided at back of this leaflet for 48 hours prior to collection.**

• **For Environmental Pollutants Panel, only Benzoic Acid (Benzoate) and Sorbic Acid (Sorbate) preservatives need be avoided for 48 hours.**

•Supplements & medications may alter results. Please check with your healthcare provider and follow their instructions.

1. Avoid excess fluid intake after your evening meal.
2. Collect first morning urine into any clean cup (Void first portion of urine, then from mid-stream on, fill cup with urine).
3. Place absorbent pad portion of **Collection Strip** into the cup which contains the first morning urine, and leave it inside the cup for one minute to ensure complete saturation. To avoid contamination, do not touch absorbent pad. **Discard Bag A.**
4. Take the absorbent pad out of the cup, briefly allow the **Collection Strip** to drip freely.
5. Seal the **Collection Strip** in the **Ziploc Bag B** containing **Desiccant**. Be sure the bag is completely sealed.
6. Place in **Mailing Envelope**. Include **Test Requisition Form** inside **Mailing Envelope**.
7. Gently shake the sealed envelope briefly.
8. Keep sample away from heat.