

## GETTING STARTED

Accurate test results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin. **Tips to ensure a proper collection:**

- Collect a first-morning void specimen, meaning the first urination collected after a 6-8 hour period of time.
- Collect a mid-stream urine catch, filling at least half of the collection cup.
- Specimens should be sent to the lab within 48 hours of collection. If samples can not be shipped immediately, liquid samples should be frozen until the time of shipment. Note: If frozen note the date frozen on the collection tube.

### STEP 1:

#### PREP



1. Lay out all the contents of your kit.
2. Label the collection tube and dried urine card with the patient's name and date of birth. **(unlabeled specimen tubes and cards will not be processed)**
3. Fill out the requisition form with all required patient information. **IMPORTANT: Ensure the information on the requisition form and specimens match exactly**

### STEP 2:

#### COLLECT



1. Perform a mid-stream catch (begin urinating, then start collecting the specimen) filling the collection up 2/3 full.
2. Empty the remaining volume of the bladder into the toilet.

### STEP 3:

#### LIQUID URINE TRANSFER



1. Remove the cap from the transfer tube.
2. Use the pipet provided to transfer urine from the cup into the transfer tube.
  - Squeeze the top bubble of the pipet to remove all the air.
  - Place the pipet into the collected urine cup and release the pressure on the top of the pipet. This will draw urine into the pipet.
  - Move the full pipet into the transfer tube and squeeze the top to release the urine into the tube.
3. Repeat step 2 as needed until you fill the collection tube to the 7 ml line.
4. Place the cap back onto the transfer tube and twist it to seal the sample tightly.

#### DRIED URINE CARD TRANSFER



1. Place the absorbent pad portion of the Dried Urine Collection Strip into the cup, and leave it in the liquid for 15 seconds to ensure full saturation.
2. Take the collection strip out of the cup, briefly allowing it to drip freely.
3. Choose which drying method to use and indicate your chosen method on the back of the card.
  - **Option 1:** Allow the strip to air dry for at least 12 hours. (Humid conditions may prolong drying time)
  - **Option 2:** Dry the strip with a hair dryer on the "low" setting (air may be warm but not hot). Hold the dryer 1-3 inches from the strip, drying each side for at least 5 minutes (10 mins total).
4. Once dry, tuck the strip cover into the bottom flap

### STEP 4:

#### RETURN



1. Place the transport tube and the dried urine cards into their own biohazard bags with absorbent pads, and then seal the bags.
2. Enclose the biohazard bag and requisition form within the crush-proof box, and place it into the return shipping envelope
3. Ship the specimen to the lab. Cold pack not required.

## General Guidelines

- Avoid collection during menstruation or urinary tract infections.
- Avoid excessive fluid intake the evening prior to urine collection. An overly diluted urine specimen may be rejected.
- Catch only the first 20-30 ml (no more than 1 fl oz) of urine expressed. This should fill no more than a quarter of the collection cup.
- Fill the specimen tube to the indicated fill line.
- If your test panel includes a pregnancy test for biological females, collect a first-morning sample.
- Ensure the name on the requisition form, urine tube, and dried urine card match exactly.

## Warnings & Precautions

- We strongly recommend consulting your healthcare practitioner prior to making any changes to your current medication regimen.
- If the collected specimen contains excess blood (urine is a dark red or brown color) it should be discarded and not used for testing.
- If you are taking the medication methylene blue, DO NOT submit sample until urine has returned to a normal color.
- We suggest avoiding the following items 48 hours prior to specimen collection:

### BEVERAGES

- Tea
- Coffee
- Alcoholic Beverages
- Juice (See Vegetables/Fruits List)

### VEGETABLES/FRUITS

- Avacado Kiwi
- Tomato
- Pineapple
- Banana
- Plantain
- Grapes/Raisins
- Plums/Prunes

### SEED/NUTS

- Walnut
- Pecan

### OTHER

- Ketchup Vanilla Extract
- Jell-O™ Aged and Processed Cheeses

### PRESERVATIVES

- Sorbic Acid/Sorbate (preservative) (E200-203)
- Benzoic Acid/Sodium Benzoate (preservative) (E 210-213)



### For Video Instructions:

For more detailed instructions to assist you in your specimen collection use the QR code to the left or visit [usbiotek.com/specimen-collection](https://usbiotek.com/specimen-collection)

USBioTek Laboratories' Specimen Collection for Serum is permitted for use under the guidance of a healthcare practitioner. Please contact your practitioner with any questions or concerns regarding proper lancet use.

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