


GETTING STARTED

Accurate test results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.


To Avoid Specimen Rejections:

- Urine samples should be collected as a first-morning void, with no urination for a minimum of 6 hours prior to specimen collection.
- Blood samples must be collected while fasting for a minimum of 10 hours prior to collection.
- Collect specimen samples **ONLY** on Tuesday and Wednesday mornings.


STEP 1:

PREP		<ol style="list-style-type: none">1. Lay out all the contents of your kit.2. Label the collection tubes with the patient's name, date of birth, and date/time of collection.3. Ensure all patient information on the requisition form and the collection tube are filled out and match exactly. IMPORTANT: Unlabeled specimen tubes will not be processed.
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STEP 2:

COLLECT (BLOOD)		<ol style="list-style-type: none">1. Confirm the patient has fasted for a minimum of 10 hours and all information provided on the collection tubes is correct and matches the requisition form.2. Perform a blood draw filling each of the 7 blood tubes completely.3. Centrifuge the 2 SST Red Tiger Top Tubes and the 1 PPT K2EDTA Clear Top Tube. (3 tubes total, the other 4 tubes do not require centrifugation).
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STEP 3:

COLLECT (URINE)		<ol style="list-style-type: none">1. Start your urine collection as a first morning void (6 hours from last urination).2. Expand the collection cup. Perform a mid-stream catch (sample collected from the ongoing urine stream). Fill the collection cup 50%-75% full.3. Empty the remaining volume of the bladder into the toilet.
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STEP 4:

TRANSFER URINE		<ol style="list-style-type: none">1. Remove the cap from the transfer tube. Be careful not to spill any of the specimen preservatives.2. Use the pipet provided to transfer urine from the cup into the transfer tube.<ul style="list-style-type: none">➤ Squeeze the top bubble of the pipet to remove all the air.➤ Place the pipet into the collected urine within the cup and release the pressure on the top of the pipet. This will pull urine into the pipet.➤ Move the pipet full of urine 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 marked fill line.4. Place the cap back onto the transfer tube and twist to tightly seal the sample.
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STEP 5:

RETURN		<ol style="list-style-type: none">1. Place the labeled urine transport tubes (2), blood tubes (7), and test requisition form into the biohazard bag with the absorbent pad and seal.2. Enclose the biohazard bag within the crush-proof container and place it into the return shipping envelope.3. Ship the specimen to the lab at ambient temperature. Ship samples on Tuesdays and Wednesdays ONLY.
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NutriStat

COMPLETE

Collection Instructions

The NutriStat Collection Kit comes with all the collection tubes needed for both the NutriStat Complete and The NutriStat Basic Profiles. The required samples for both profiles are outlined below:

NUTRISTAT COMPLETE COMPONENTS	 2 SST Red Tiger Top Tubes	 1 EDTA Purple Top Tube	 1 PPT K2EDTA Clear Top Tube
	 2 K2EDTA Royal Blue Top Tubes	 1 Citrate Blue Top Tube	 2 Urine Transfer Tubes
NUTRISTAT BASIC COMPONENTS	 1 SST Red Tiger Top Tubes	 1 EDTA Purple Top Tube	
	 2 K2EDTA Royal Blue Top Tubes	 1 Urine Transfer Tube	

General Guidelines

- Specimens must be collected using the tubes provided inside this collection kit.
- Fast for a minimum of 10 hours prior to specimen collection.
- 4 Days prior to collecting specimens, discontinue all supplements including protein powders.
- 24 hours prior to collecting specimens, avoid eating or drinking products that contain aspartame, MSG, or general overconsumption of any particular food.
- Limit fluid intake to avoid a dilute sample.
- DO NOT proceed with sample collection if you are menstruating.

Medical Precautions

- Do not perform this test if you are taking blood thinners or have blood clotting disorders (unless authorized by your healthcare provider).
- Immunosuppressive drugs (e.g., prednisone), immune-modulating drugs, and topical cortisone suspensions and creams may alter test results.
- Consult with your healthcare provider prior to making any changes to your current medication regimen.
- We recommend maintaining usual dietary habits prior to specimen collection and to consult with your healthcare practitioner before making any changes to your diet.



For More Detailed Instructions: For detailed instructions to assist in your specimen collection, use the QR code to the left or visit usbiotek.com/collect-specimen