



Urine collection instructions video can be found at: www.gplurine.com

KIT COMPONENTS



- | | | |
|------------------------|----------------------------|---------------------------------------|
| 1. Cardboard box | 5. Gel pack | 9. Test requisition form, paperwork |
| 2. Urine cup | 6. Biohazard ziplock bag | 10. Large orange collection container |
| 3. Pediatric collector | 7. Absorbent packing sheet | for 24 hour Metals Urine |
| 4. Silver thermo bag | 8. UPS Laboratory Pak | collection only (do not return) |

Pediatric collectors and large orange collection containers are included upon request only.

BEFORE YOU BEGIN COLLECTIONS

*Urine samples can be kept frozen for up to a week before shipping.
Once you ship the sample it is good for 5 days in transit. The day the sample is shipped is counted as day 1.*

- Save the cardboard box and place the gel pack flat into the freezer (for at least 4 hours) to ship the sample back to us. **Please ship all your samples in a single package to avoid multiple shipping charges.**
- Samples may only be sent off to the lab on **Monday or Tuesday**.
- Please check the specimen requirements below for patient preparation instructions.
- Only use containers supplied by GPL to avoid contamination of specimens.
- Please do not collect samples during a menstrual cycle..
- Limit liquid intake starting at 6pm the night prior to collection to avoid sample dilution. Urine must be yellow in color. If urine is clear the sample is too diluted. Discard diluted sample, rinse the collection cup in hot water only (no soap), air dry, then re-collect.
- You can consolidate different samples in a single package (even samples belonging to different patients if clearly labeled). The attached shipping rates are per package. If you send samples in multiple packages you will incur multiple charges.
- If you have any questions, please contact us at +1 (913) 341-8949 or CustomerService@gp-labs.com.



PEDIATRIC COLLECTION BAG INSTRUCTIONS *(for infant collection)*

Overnight collection is acceptable if using a pediatric collector. After collection, **DO NOT** send the collection bag alone. You may put the entire bag into the collection cup or pour the urine directly from the bag into the collection cup.

- To collect urine, separate infant's legs. Make sure perineal and pubic areas are clean and dry.
- Peel off backing paper, exposing hypoallergenic adhesive.
- For female use: Start from the bottom up with the adhesion at skin flap, separating vagina lips (labia) and work upward. Press firmly to skin surrounding the vagina (labia) with excess of bag toward the feet.
- For male use: Position penis naturally through bag opening with excess of bag toward the feet. Press adhesive firmly to entire perimeter without puckering.
- Re-apply diaper directly over bag. We suggest that you cut a hole in the diaper and pull the pediatric collection bag through, which will hold the bag securely in place. If necessary, you may place a second diaper on the outside of the first to prevent bag from irritating the skin.

TESTING REQUIREMENTS – READ BEFORE COLLECTION

Test	Minimum ml	Items to Discontinue	Urine Collection	After Collection
Organic Acids Test (76) Microbial Organic Acids (21)	10 mL Urine	Avoid apples, grapes, pears, and cranberries as well as their juices or products 48 hours before collection. Avoid arabinogalactan, echinacea, reishi mushrooms, and ribose supplements for 48 hours before collection.	Collect the first morning urine in the collection cup provided. Collecting sample prior to eating or drinking is preferred.	Screw lid on tightly. Freeze urine specimen for a minimum of 4 hours before shipping. Keep in freezer until ready to ship. Ship with frozen gel pack.
Mycotox Profile	10 mL Urine	Fasting for 12 hours may increase the excretion of mycotoxins from the adipose tissue. (Not required) Avoid glutathione and binders such as charcoal or bentonite clay for 72 hours. Patients taking mycophenolate mofetil (CellCept/Myfortic) will not get an accurate value for the marker Mycophenolic Acid (all other markers will report adequately). If you are taking this drug, please check the box on the Test Requisition Form by the test selection for MycoTOX Profile to inform laboratory personnel and help prevent sample errors.		
GPL-TOX Profile	10 mL Urine	None		
Glyphosate Test	10 mL Urine	None		
Calcium + Magnesium	5 mL Urine	None		
Metals Urine (random)	50 mL Urine	None		
Porphyryns 	10 mL Urine	The following drugs may interfere with the Porphyryns Profile and should be discontinued 72 hrs before collection: acriflavine, ciprofloxacin (Cipro), ethoxazene (Serenium), nalidixic acid (NegGram), norfloxacin (Noroxin), ofloxacin (Floxin), oxytetracycline (Terramycin), phenazopyridine (Prodiem, Pyridium, Urobiotic), sulfamethoxazole (Bactrim, Septra), tetracycline (Achromycin).	Collect the first morning urine in the collection cup provided.	Immediately pour urine into the amber vials due to light sensitivity. Secure lids on tightly. Freeze both amber vials and the collection cup until ready to ship. Ship all three items with frozen gel pack.
24 hour or timed Metal Urine  Orange Collection Container for 24-hour collection only (do not return)	50 mL Urine	None	Begin collecting the 2nd urination of the day. Urinate into the large orange collection container. Continue collecting urine for 24 hours including the next urination of the next morning or for fixed hours directed by your physician after the chelating agent. Do not return orange collection container. Keep urine refrigerated between voids.	Mix the urine in the large container and pour off 50 ml of urine into the yellow lid urine cup. If your collection length was 24 hours, record the TOTAL VOLUME on the Test Requisition Form. Failure to record the total volume may skew test results. Freeze the cup until ready to ship. Ship the cup with the frozen gel pack. DO NOT ship the large collection container and just discard with the rest of urine.

For questions about the collection of samples, call Customer Service at +1 (913) 341-8949.

PREPARING AND SHIPPING SPECIMENS

1. Complete the following documents:

- **Commercial Invoice.** You should see 3 copies of the commercial invoice in the kit if ordered directly from Great Plains Laboratory. Please sign on the bottom left corner of all 3 copies of the commercial invoice. Place all copies into the enclosed plastic pouch and attach to the outside of the UPS Laboratory Pak.
 - **Biological Declaration (India & Australia only).** Fill out consignee information (The Great Plains Laboratory), mark sample for lab research/human non-infectious, and please specify what kind of sample. On the second page, please fill out: Declarant name, contact information, and email. (This is your information). Place with the commercial invoices in the plastic pouch attached to the outside of the UPS Laboratory Pak.
 - **Test Requisition Form (TRF).** Please print clearly.
2. Print the patient's full name, time and collection date on the side of the urine cup (and other pour off vials as provided).
 3. Place frozen urine specimen(s) into the biohazard zip-lock bag along with the absorbent packing sheet. Place frozen gel pack and urine sample(s) into the silver thermo bag. Place the silver thermo bag into the cardboard box (UPS may reject package if sample is not in box). Fold and place the completed TRF in the box and close the lid. Place the box in the UPS Laboratory Pak and seal using the adhesive strip.
 4. Please take note of the shipping/tracking number if you would like to track the package.

SHIPPING INSTRUCTIONS

1. For best results, samples should be taken to your local UPS location (preferably toward end of the day to ensure sample(s) remain frozen during transit). To find your closest UPS Store location and hours visit www.ups.com/dropoff. Discounted shipping rates are indicated on the price list if you ship your sample using the UPS return label included in the kit.
2. We charge for the test and the return shipping when we receive the samples, unless it was paid upfront. Shipping charges vary depending on the country.

IMPORTANT NOTES:

- Shipping rates are per package. **Please ship all your samples in a single package to avoid multiple shipping charges.**
- If you do not locate a return label in the kit, please contact us before collecting sample. Do not go to UPS store to ship without our return label or your sample could be stopped by customs.
- Additional charges may apply if your package exceeds 900 grams.
- GPL will not be liable for refunds if the delivery is delayed due to customs or any other reason.
- Shipping charges are subject to change without notice.

For questions about the collection of samples, call Customer Service at +1 (913) 341-8949.