






11813 West 77th Street, Lenexa, KS 66214 | (913) 341-8949 | Fax: (913) 341-6207 | GP-Labs.com

**AMINO ACIDS TESTING WARNING: Vial contains approximately 120 mg of oxalic acid. KEEP OUT OF REACH OF SMALL CHILDREN. DO NOT INGEST OR INHALE.** Wipe spills with a wet towel. In case of contact with skin, wash with soap and plenty of water. In case of accidental contact to eye or ingestion, rinse with plenty of water. Seek medical attention if warranted.

## Before You Begin Collections

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.
2. Samples may only be sent off to the lab **Monday through Thursday**. If samples are sent a different day, the sample may become compromised.
3. Please check the specimen requirements below for patient preparation instructions.
4. Only use containers supplied by GPL to avoid contamination of specimens.
5. Fill out the Test Requisition Form completely. Please **PRINT** clearly. For US patients, a physician authorization is required.
6. Females, please do not collect samples during menstrual cycle.
7. 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 collection cup in hot water only (no soap), air dry, then re-collect.
8. If you have any questions, please call Customer Service at (913) 341-8949 or email CustomerService@gp-labs.com.



Test	Min.	Items to Discontinue	Urine Collection	After Collection
<b>Amino Acids Urine Test</b> 	25 mL Urine	Discontinue any amino acid supplements 48 hours prior to collection. The test requires no special diet but if you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting collection. <i>Never discontinue prescription medications without first consulting your physician.</i>	Collect the first morning urine in the collection cup provided.  Collecting sample prior to eating or drinking is preferred.	Pour some of the urine into the white specimen vial to the fill line – do not underfill, make sure to leave at least 5 mL remaining in collection cup.  Secure lids tightly on both the collection cup and specimen vial. Invert vial 5 times to mix urine with the preservative.  Freeze both cup and vial until ready to ship. Ship vial and cup with frozen gel pack.
<b>Organic Acids + Amino Acids Combo Test</b> 	35 mL Urine	Avoid apples, grapes, pears, and cranberries as well as their juices or products 48 hours before collection. Avoid arabinogalactan, echinacea, reishi mushrooms, ribose supplements, and any amino acid supplement for 48 hours before collection. The test requires no special diet but if you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting collection. <i>Never discontinue prescription medications without first consulting your physician.</i>	Collect the first morning urine in the collection cup provided.  Collecting sample prior to eating or drinking is preferred.	Pour some of the urine into the white specimen vial to the fill line – do not underfill, make sure to leave at least 10 mL remaining in collection cup.  Secure lids tightly on both the collection cup and specimen vial. Invert vial 5 times to mix urine with the preservative.  Freeze both cup and vial until ready to ship. Ship vial and cup with frozen gel pack.
<b>Amino Acid 24 Hour Urine</b> 	50 mL Urine	Discontinue any amino acid supplements 48 hours prior to collection. The test requires no special diet but if you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting collection. <i>Never discontinue prescription medications without first consulting your physician.</i>	Begin by collecting the 2nd urination of the day. Urinate into the large orange collection container. Do not return the orange container.  Continue collecting urine for 24 hours, including the first urination of the next morning. Keep urine refrigerated in between voids.	Mix the urine in the large container. Record the TOTAL VOLUME on the Test Requisition Form. Failure to record the total volume may skew test results. Pour urine into the white-topped vial to the fill line – DO NOT underfill. Pour 5mL of urine into the yellow-top collection cup. Screw lids tightly on both the cup and vial. Invert vial 5 times to mix urine with the preservative.  Freeze both the cup and vial until ready to ship. Ship the cup and vial with the frozen gel pack. DO NOT ship the large collection container.

**Instructions continue on the reverse side**

## Preparing and Shipping Specimens

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1. Fill out the 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 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.
5. 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](http://www.ups.com/dropoff). Alternatively, you may call for a UPS pickup at 1 (800) 742-5877 and advise them you need to schedule a pick-up using a return label. Do not put kit(s) in a UPS drop box due to extended periods of time in a drop box can lead to errors in test results.
6. PLEASE DO NOT ISSUE DIRECT PAYMENT TO UPS for the shipment. If UPS attempts to bill you for shipping costs, please contact our staff for assistance at 913-341-8949. The Great Plains Laboratory is unable to reimburse shipping charges in cases where UPS is paid directly.

## Turn Around Time

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Please note that most test results take a minimum of **two weeks** to become available after the sample arrives at our facility.