



A Urine Collection Instructions Video can be found here: www.gplurine.com

Before You Begin Collections

1. Save the outer cardboard box and place gel pack flat into freezer (for at least 4 hours) to ship the sample back to us.
2. Send urine and blood samples off together **Monday through Thursday**. If samples are sent separately the discounted combo rate will not apply and will be submitted through insurance separately.
3. Please follow the Collection Instructions below. Urine must be collected prior to blood collection.
4. Only use containers supplied by GPL to avoid contamination of specimens.
5. Please check the expiration date on the vial. If any have expired, call 913-341-8949 for a replacement vial.
6. Fill out the Test Requisition Form (TRF) completely. Please PRINT clearly. For US patients a physician authorization is required.
7. If you have any questions, please call Customer Service at (913) 341-8949 or email CustomerService@gp-labs.com.

Urine Collection Instructions (read before you begin)

1. 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.
2. Please do not collect samples during a menstrual cycle.
3. If pediatric collection bag is necessary, see instructions below.
4. 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.
5. Collect a minimum of 20mL of first morning urine in the collection cup provided.
6. Screw lid on tightly. Print patient's full name, time and collection date on the side of the urine cup.
7. **Freeze urine specimen for a minimum of 4 hours before shipping. Keep in freezer until ready to ship. Ship with frozen gel pack.**



Hair Collection Instructions (read before you begin)

- A paper scale is included in this kit to assist you in collecting the proper quantity of hair.
 - Hair that has been dyed, bleached, permed, or otherwise chemically treated is vulnerable to elemental contamination. Therefore, it is recommended that treated hair not be used for analysis.
 - Use only head hair or pubic hair. DO NOT mix head hair with pubic hair.
1. Set up the scale as diagrammed. Bend the black tabs down to form a fulcrum and place on a level surface.
 2. Cut samples of hair from back of head (see illustration). Using stainless steel scissors, cut hair as close to the scalp as possible. It is best if small amounts of hair are cut from 5 or 6 areas in the back of the head.
 3. As each piece of hair is cut from the head, save only 1 inch (2.5 cm) of hair closest to the scalp. Cut off and discard the rest. Place the saved hair on the scale.
 4. Keep cutting and adding hair to the scale until it tips. Fill the scale (which is designed to collect about 0.25 grams of hair).
 5. Remove the hair on the scale and put it in the plastic bag.
 6. Fill the scale a **second** time so that the total amount of hair collected is approximately 1 tablespoon (you will be tipping the scale **twice**).
 7. Label the plastic bag with the patient's name, the physician's name, and the date collected.
 8. Put the hair into the plastic bag, seal, and send to The Great Plains Laboratory.

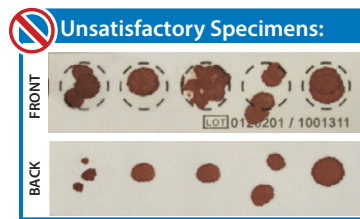
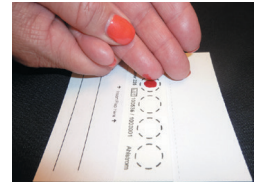
Dried Blood Spot (DBS) Instructions – Use the Lancet Provided


1. Using the lancet provided, twist off the yellow tab and pull straight out.
2. Place finger firmly against a hard surface and press lancet to puncture finger. *Using side of fingertip may cause less discomfort.*
3. Wipe off the first blood drop with the same alcohol swab and massage the entire length of the finger as needed to form a large, hanging blood drop.



The lancet needle retracts immediately after use, leaving the device safe for disposal in a regular trash can. DO NOT return the lancet with sample. Lancets are for one time use only.

4. Place a large free-flowing drop of blood on each circle, making sure not to touch collection card with finger. If circle is not filled completely, place additional drops immediately on the same circle.
5. If more blood is needed, wipe with alcohol pad again and massage finger to assist blood flow. Be sure to use the second lancet provided as each lancet is for one time use only.
6. Four full blood spots (circles) are required in order to run the test. Completely fill four spots. Once dried, DO NOT place additional drops on the same circle.



 All Dried Blood Spot specimens received at The Great Plains Laboratory are examined for specimen acceptability. Your sample will be rejected if it is not a satisfactory specimen and a re-collection may be necessary.

Preparing and Shipping Specimens

1. Place frozen urine specimen(s) into the biohazard zip-lock bag along with the absorbent packing sheet. Place frozen gel pack and urine specimen(s) into the thermo bag. Place the silver thermo bag into the box.
2. Place the DBS card into the biohazard zip-lock bag then place into cardboard box with the already packaged urine sample. *Note: The urine and blood samples must be inside the cardboard box, otherwise shipment will be rejected by UPS.*
3. Fold and place the completed Test Requisition Form in the box.
4. Place the box in the UPS Laboratory Pak and seal using the adhesive strip.
5. Please take note of the shipping/tracking number if you would like to track the package.
6. 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. 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.
7. 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.
8. Please note that most test results take a minimum of two weeks to become available after the sample arrives at our facility.