



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. 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.
6. If you have any questions, please call Customer Service at (913) 341-8949 or email CustomerService@gp-labs.com.



Pediatric Collection Bag Instructions (for infant collection)

Overnight collection is acceptable if using a pediatric collector. Follow the instructions below when using a pediatric urine 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.



1. To collect urine, separate infant's legs. Make sure perineal and pubic areas are clean and dry.
2. Peel off backing paper, exposing hypoallergenic adhesive.
3. 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.
4. For male use: Position penis naturally through bag opening with excess of bag toward the feet. Press adhesive firmly to entire perimeter without puckering.
5. Re-apply diaper directly over bag. We suggested 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 the bag from irritating the skin.



Preparing and Shipping Specimens

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. 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.

Testing Requirements (read before collection)

Test	Minimum ml	Items to Discontinue	Urine Collection	After Collection
Organic Acids (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	10 mL Urine	None		
Glyphosate	10 mL Urine	None		
Calcium + Magnesium	5 mL Urine	None		
Metals Urine (random)	10 mL Urine	None		
Kryptopyrrole	10 mL Urine	None	Collect the first morning urine in the collection cup provided.	Pour urine into the amber vial with ascorbic acid additive labeled "Kryptopyrrole". Screw lid on tightly. Invert vial 10 times. Immediately freeze until ready to ship. Ship with frozen gel pack.
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 (Prodiur, 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)	10 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 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.

Turn Around Time

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