



1 Before You Begin Collection

1. Save the cardboard box and place gel pack flat into the freezer (for at least 4 hours) to ship the sample back to us.
2. Send the sample off to the lab Monday through Thursday. Extra shipping charges will apply for Saturday deliveries (Friday shipments), and the sample may become compromised due to the lab being closed over the weekend.
3. Only use containers supplied by the Great Plains Laboratory. Review the collection instructions below.
4. Fill out the Test Requisition Form completely. Please PRINT clearly. For US patients, a physician authorization is required.

2 Collection Instructions

1. Choose the faucet that will serve as your source of water sample (preferably where you get your drinking water).
2. Just before water collection, remove the cap from the collection tube and carefully lay the cap down with the inside facing up on a clean dry surface. Try not to touch the inside of the tube or the inside of the cap. Do not let the inside of the cap contact any surface.
3. Turn the faucet on and let the water run for 30 seconds.
4. Move the container into the water stream to collect the sample.
5. Fill the container $\frac{1}{2}$ to $\frac{3}{4}$ full. DO NOT fill more than this.
6. After sample collection, screw the lid on tightly.
7. Freeze water specimen for a minimum of 4 hours before shipping. Keep in freezer until ready to ship. Ship with frozen gel pack.

3 Preparing and Shipping Specimens

1. Place collection tube and the absorbent sheet into the clear zip-lock bag and seal. 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.
2. Please take note of the shipping/tracking number if you would like to track the package.
3. 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.
4. 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

Please note that most test results take a minimum of 3 weeks to become available after the sample arrives at our facility.