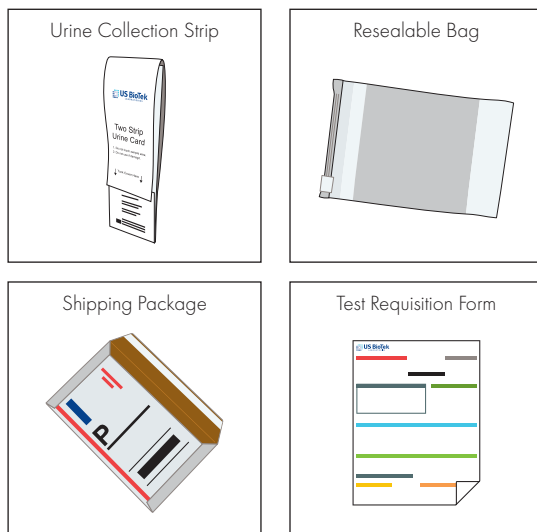


## Contents



## Intended Use

US Biotek Laboratories Urinary Metabolic Profile & Environmental Pollutants Profile Kit is intended to be used as a medium to collect and transport a urine specimen to the laboratory for testing. Prescription only.

## Medications

We strongly recommend consulting your healthcare practitioner prior to making any changes to your current medication regimen.

## Warnings and Precautions

- Avoid collection during menstruation or urinary tract infection.
- Avoid excessive fluid intake the evening prior to urine collection. An overly dilute urine specimen may be rejected.
- Supplements and medications may impact results. Please consult with your healthcare provider.
- Keep out of reach of children.

## Organic Acid Testing—Diet Restrictions

### Urinary Metabolic Profile—Food Restrictions

Food suggested to be avoided for 48 hours prior to collection

#### Beverages

Tea                                      Coffee  
Alcoholic Beverages  
Juice (See Vegetables/Fruits List below)

#### Vegetables/Fruits

Avacado                                      Kiwi  
Tomato                                      Pineapple  
Banana                                      Plantain  
Grapes/Raisins                              Plums/Prunes

#### Seed/Nuts

Walnut                                      Pecan

#### Other

Ketchup                                      Vanilla Extract  
Jell-O™                                      Aged and Processed Cheeses

Questions regarding diet & allergy are directed towards your healthcare provider

### Environmental Pollutants Testing—Food Restrictions

Preservatives need to be avoided for 48 hours before collection.

Sorbic Acid/Sorbate (preservative) (E200-203)  
Benzoic Acid/Sodium Benzoate (preservative) (E 210-213)

# Urine Collection & Shipping Instructions

## Urinary Metabolic Profile & Environmental Pollutants Profile



**Read this document carefully before using the contents of this package.**

These profiles are not suitable for children younger than 2 years old. US Biotek Laboratories' Specimen Collection and Shipping Instructions are permitted for use under the guidance of a healthcare practitioner.

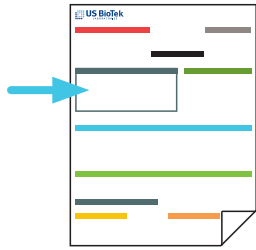


16020 Linden Ave North, Shoreline, WA 98133-5672, USA  
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Date of Issue: May 2019



## Preparation



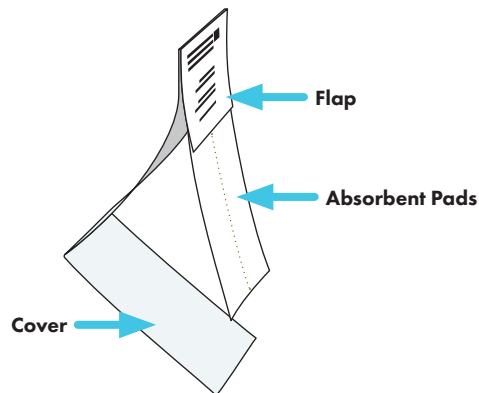
### Requisition Form

Clearly print your Name, Date of Birth, Gender, and Collection Date. Also include Physician's Name, Tests Requested, Billing Information, and Specimen Ship Date.

### To avoid rejections, follow these points:

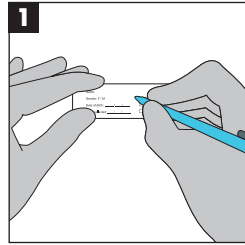
- Missing or incomplete test request information will delay processing and extend turn-around time.
- Nicknames or abbreviated names are not acceptable.
- Patient's name on the Test Requisition Form and Resealable Bag must exactly match.
- There is a \$15 fee for submittal of an unacceptable specimen.
- Missing or incomplete information on the test requisition form will delay the processing time of your specimen.

### Collection Strip

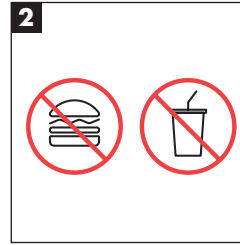


## Specimen Collection Instructions

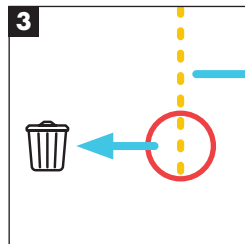
### Follow collection instructions carefully.



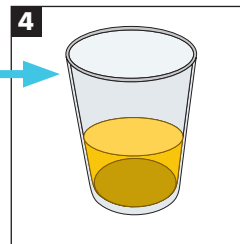
On the Collection Strip, clearly print your Name, Date of Birth, Gender, and Collection Date.



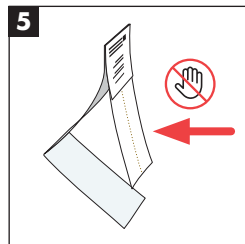
Collect first morning urine before food and drink. Or, first urine after your longest stretch of sleep.



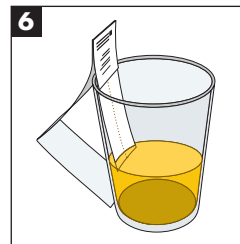
Collect urine into any clean cup  
Void first portion of urine.



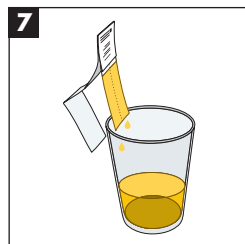
From mid-stream on, fill cup with urine



Do NOT touch Absorbent Pads.



Place Absorbent Pad portion of Collection Strip into the cup, and leave them inside the cup for 15 seconds to ensure full saturation.

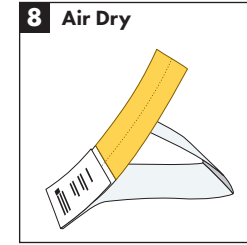


Take Collection Strip out of the cup, briefly allowing them to drip freely.

**Collection Strip must be allowed to dry completely after collection. Pick a method in Step 8 to dry Collection Strip.**

## Specimen Collection Instructions Cont.

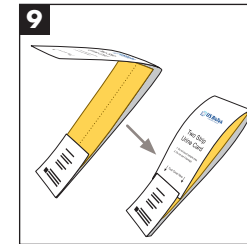
### Acceptable drying methods include:



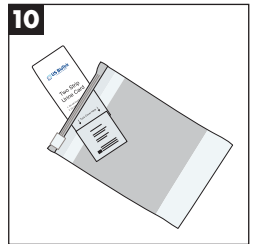
Air dry strip for at least 12 hours. Humid conditions may prolong this drying time. Absorbent Pad may drape and touch Collection Strip.



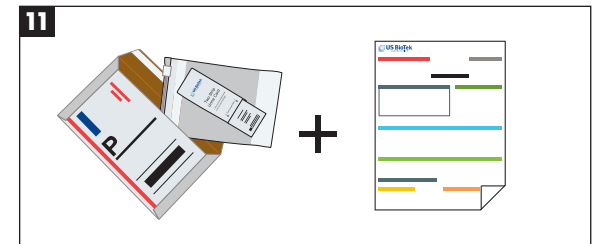
Dry strip with a hair dryer on "low" setting; air may be warm but NOT hot. Allow 1-3 inches between dryer and strip. Dry both sides of the strip for 5 minutes per side, for a total of 10 minutes drying time.



Once fully dried, tuck the cover into flap as indicated. Indicate strip drying method on the back of the strip.



Place DRIED strip into the Resealable Bag and seal tightly.



Place Resealable Bag and the Test Requisition Form inside the return package provided.