

General Guidelines

- Avoid collection during menstruation or urinary tract infections.
- Fill the specimen tube(s) to the 7 ml line to ensure there is enough sample for testing.
- Avoid excessive fluid intake the evening prior to urine collection. An overly diluted urine specimen may be rejected.
- All urine tubes are required to have patient information filled out on the sample, **unlabelled specimens will be rejected!**

Medical Precautions

- We strongly recommend consulting your healthcare practitioner prior to making any changes to your current medication regimen.
- If the collected specimen contains excess blood (urine is a dark red or brown color) it should be discarded and not used for testing.
- If you are taking the medication methylene blue, DO NOT submit sample until urine has returned to a normal color.



For More Detailed Instructions:

For detailed instructions to assist in your specimen collection, use the QR code to the left or visit usbiotek.com/collect-specimen

US BioTek Laboratories' Specimen Collection for Liquid Urine is permitted for use under the guidance of a healthcare practitioner.

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When Not to Collect

- DO NOT collect your sample when blood could be in your urine.
- DO NOT collect if you are menstruating/during your period.

- Banana
- Pineapple
- Nuts and Nut Butters
- Alcohol
- Nicotine
- Protein Powders/Shakes

Avoid these foods and substances for 24 hours before testing and 24 hours after testing.

Avoid These the Day Before and Day After

- Biotin/vitamin B7 (hair and nail formulas)

Avoid this vitamin for 72 hours prior to collection

Avoid These for 3 Days Prior to Testing



Neurotransmitter (Urine) Collection Instructions




GETTING STARTED

Accurate test results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.


Tips To Ensure A Proper Collection & Transport:

- Collect a first-morning void specimen, meaning the first urination collected after a 6-8 hour period of time.
- Collect a mid-stream urine catch, filling 3/4 of the collection cup.
- Specimens should be sent to the lab within 48 hours of collection. If samples can not be shipped immediately, liquid urine samples should be frozen until the time of shipment. **Note: If frozen, note the date frozen on the collection tube.**


STEP 1 :

PREP		<ol style="list-style-type: none">1. Lay out all the contents of your kit.2. Label the collection tube(s) with the patient's name and date of birth. Unlabeled specimen tubes will be rejected!3. Fill out the requisition form and questionnaire with all required patient information. <i>Ensure the information on the requisition form & specimens match exactly.</i>
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STEP 2 :

COLLECT		<ol style="list-style-type: none">1. Perform a mid-stream catch (begin urinating, then start collecting the specimen) filling the collection up 3/4 full.2. Empty the remaining volume of the bladder into the toilet.
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STEP 3 :

TRANSFER		<ol style="list-style-type: none">1. Prepare the Monovette by Assembling them using the the instructions below.<ul style="list-style-type: none">• Gently lift off the yellow stopper and set aside somewhere safe for later use (DO NOT unscrew the yellow nozzle)• Attach yellow aspiration tip.2. Insert the aspiration tip into the collection cup and fill the monovette to the base line (7ml).3. To empty the aspiration tip, hold the urine monovette in an upright vertical position and draw the piston rod in a downward direction until it locks.4. Remove the aspiration tip.5. Replace the yellow stopper6. Snap off and discard the piston rod used to draw the sample into the monovette.
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STEP 4

RETURN		<ol style="list-style-type: none">1. Place the transport tube and test request form into the biohazard bag with the absorbent pad, then seal the bag.2. Enclose the biohazard bag within the collection kit box, and place it into the return shipping envelope.3. Take a picture of the shipping label or note the tracking number on the label.4. Ship the specimen to the lab. Cold pack not required.
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