

**Shipping and posting information:**

Because of overseas shipping requirements, we do not receive samples on Weekends or Bank Holidays Please ensure your samples are received by us no later than Friday Middy.

Due to the nature of this specimen and its volume, you are not allowed to send this sample through the Royal Mail postal system. Please use the UPS service offered or another of your choice.

For health and safety reasons, you must use all the packaging enclosed and seal each bag correctly before returning your samples. Regenerus Laboratories reserves the right to dispose of any sample received which does not meet this criteria.

Returning your samples in the UK via UPS

Enclosed you will find a return shipping label for our UPS courier service. Should you choose to use this service then you will be charged accordingly, details of which are separately enclosed.

Within the UK, UPS offer 3000 convenient drop off locations, this service means no waiting for couriers to arrive, we suggest you visit the UPS website at www.ups.com/dropoff. Alternatively the UPS home /office collection service normally offer a 4 hour collection window. Please see the enclosed shipping information sheet.

Track the status of your shipment, copy the tracking number on your shipping label and track its progress using the UPS website.

Regenerus Laboratories do not keep records of your tracking number.

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Porphyryns; Urine**Before You Start:**

Please read all of the directions, and familiarize yourself with the collection procedures.

The Urine Porphyrins specimen collection requires either a 24 hour urine collection or a first morning urine collection. Your physician will tell you which collection method to use. The specimen must be frozen for a minimum of 6 hours prior to shipment.

To avoid over dilution of the specimen, do not consume excessive amounts of liquids during the collection period. If you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting this collection. Please refrain from taking non-essential medications 48 hours prior to and during the specimen collection, unless otherwise instructed by your physician. *Never discontinue prescription medications without first consulting your physician.*

Female patients should not collect urine during a menstrual period.

Verify Kit Contents:

- 1 Polar Pack foam freezer brick
- 1 Insulated Box
- 1 Specimen collection cup
- 1 Amber specimen collection vial with preservative
- Caution: May cause irritation. Do NOT ingest!**
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 Blue or green shipping bag and courier label
- 1 Orange 24-hour urine collection container sent separately
(only included with 24-hour collection kits)

If you are missing kit components, please call Regenerus Laboratories Customer Service department for assistance.

This test is recommended to be from First Morning Void.

Collection Instructions:

IMPORTANT: Your physician will tell you to either collect: a first morning void (FMV) urine specimen OR a 24-hour urine specimen. Follow the appropriate directions listed below. Remember to avoid excessive fluids during the collection period.

FMV URINE COLLECTION

- 1) When you arise, collect your first morning urination into the specimen collection cup. Pour the urine into the amber specimen collection vial. Fill the vial up to the top of the white label and then tighten the screw cap securely. **Do not overfill the vial.**
- 2) In the collection information section of the requisition form (located in the upper right hand corner) fill in the date you finished the collection. Check the box marked "First Morning Urine".
- 3) Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. **The test cannot be performed without the patient information on the vial.** Place the vial into the zip-lock bag, then place the bag and the foam freezer brick into the freezer for at least 6 hours.
- 4) Retrieve sample and block from the freezer and place in insulated box.
- 5) Fill out the test requisition form completely and sign it. **The test cannot be performed without a properly filled out requisition.** Place completed form into the box. The specimen is now ready for shipment.

24-HOUR URINE COLLECTION

- 1) When you arise urinate into toilet. DO NOT COLLECT URINE. Collect all other urination up to and including the first morning urination of the next day. Collect each urination in the specimen collection cup then pour the urine into the large orange specimen collection container. Keep the Orange container in a refrigerator until you are finished with your 24-hour collection.
- 2) Place the amber collection container on a level surface and read the volume collected, using the markings on the container. In the collection information section of the requisition form (located in the upper right hand corner) fill in the date you finished the collection. Check the box marked "24-hours" and **fill in the total volume collected.**
- 3) Mix the urine by shaking the amber container for at least 30 seconds then pour the urine into the amber specimen collection vial. Fill the vial up to the top of the white label and then tighten the screw cap securely. **Do not overfill the vial.** Dispose of remaining urine collected into toilet, then dispose of container.
- 4) Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. **The test cannot be performed without the patient information on the vial.** Place the vial into the zip-lock bag, then place the bag and the foam freezer brick into the freezer for at least 6 hours.
- 5) Retrieve sample and block from the freezer and place in insulated box.
- 6) Fill out the test requisition form completely and sign it. **The test cannot be performed without a properly filled out requisition.** Place completed form into the box. The specimen is now ready for shipment.

For best results ship specimens as soon as possible. If you cannot ship the specimen on the same day you finish the collection, such as over a weekend or holiday, put the components back into a freezer until you are ready to ship the test collection kit.

Consult your physician if you have any questions during the test collection process.