

Packing & UK Shipping

- Fold and place paperwork in the outside sleeve of the biohazard bag. Note: this opening does not seal shut.
- Place Biohazard Bag (containing the dried strip test) into the white 'bubble wrap' bag.
- Add the pre-paid Royal Mail return shipping label on the outside of the white bag and seal.

- This specimen is ready for shipping and must be dispatched same day, by placing in a post box where a collection will happen on the same day.
- If you are unable to dispatch the sample within 24 hours of collection, place the sample in the freezer and then dispatch the next available day, but no longer than 2 weeks.

For assistance call 0203 750 0870

Overseas Shipping

- If you are not based in the UK you will receive a DHL / FEDEX shipping bag and labels. These are valid for approximately 2 months from dispatch.
- If you are unable to dispatch the sample within 24 hours of collection, place the sample in the freezer and then dispatch the next available day, but no longer than 2 weeks.

Results take around 10 working days from when the analysing laboratory in the USA, receive the sample.



Environmental Pollutants Profile (Basic Tox)



Enclosed: Check your kit content from below:

RT003 – EP100
Regenerus Labs requisition form
Biohazard Specimen bag with absorbent material
Conical urine collection cup Dried Urine Collection Card
Return shipping label



Urine Collection

When?

- 1- On the collection strip, clearly print your name, date of birth, gender, and collection date or attach the pre-printed label
- 2- Collect first morning urine before *food and drink. Or, first urine after your longest stretch of sleep.
- 3- Collect urine into any clean cup or conical cone provided. Void first portion of urine. From midstream on, fill cup with urine. **DO NOT TOUCH THE ABSORBENT PAD OF THE COLLECTION STRIP.**
- 4- Dip absorbent pad portion of collection strip into the cup, and leave it inside the cup for 15 seconds to ensure full saturation
- 5- Take collection strip out of the cup, briefly allowing it to drip freely. Collection strip must be allowed to dry completely after collection. Pick a method in Step 6 or Step 7 to dry collection strip.
- 6- Air dry strip for at least 12 hours. Humid conditions may prolong this drying time. The absorbent pad may drape and touch the cover
- 7- . Dry strip with a hair dryer on a "low" setting; air may be warm but NOT hot. Allow 1-3 inches between the dryer and the strip. Dry both sides of the strip for 5 minutes per side, for a total of 10 minutes drying time.
- 8- Once fully dried, tuck the cover into flaps as indicated. Indicate the strip drying method on the back of the strip. Place the DRIED strip into the resealable bag and seal it tightly

Failure to label the sample AND requisition form correctly may result in rejection of the sample.

*Food Restrictions before collection

- Preservatives need to be avoided for 48 hours before collection
- Sorbic Acid / Sorbate (preservative) (E200-203)
- Benzoic Acid / Sodium Benzoate (preservative) (E210-213)