

**Urine Halides/Iodine; pre & post loading test****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 MIDDAY.

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.

Before You Start:

Please read all of the directions, Inc. shipping to familiarise yourself with the collection procedures.

The Urine Halides/Iodine pre & post loading test takes 24 hours to collect. For best results restrict fluid intake to no more than 3.5 litres over the 24 hours of collection.

Iodine supplements should be discontinued 5 days prior to & during the collection process (other than the loading dose prescribed by your physician). Products that contain iodide/iodine such as kelp, fish, and sea vegetables should be limited for 48 hours prior to & during the collection process. You should also refrain from taking non-essential medications containing iodine/iodide for at least 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.

Only use the provided vial and collection containers to avoid contamination of the specimen.

Verify Kit Contents:

- 1 Orange 24-hour urine collection container
- 1 Specimen collection cup
- 1 Specimen vial labelled "#1PRE"
- 1 Specimen vial labelled "#2POST"
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 Return box, blue shipping bag and courier label.
- 4 12.5mg Iodine Supplement Tablets.

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

Telephone : 0203 750 0870
Email: info@regeneruslabs.com
www.regeneruslabs.com

Collection Instructions:

1) When you arise urinate into the collection cup. Pour the urine into the specimen vial labeled “#1 PRE”. Fill the vial up to the top of the label and then tighten the screw cap securely. Discard the remaining urine in the collection cup.

2) 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 into a refrigerator.

3) In the upper right hand section of the requisition form, under the heading: Random “PRE” Sample #1 Information, write the date and time you collected the sample, as well as your height and weight.

4) Take the Iodine loading dose as prescribed by your doctor.

5) Collect all urine for the next 24 hours up to and including the first morning urination of the following day. Collect each urination in the specimen collection cup then pour the urine into the orange collection container. Keep the orange container in a refrigerator until you are finished with your 24-hour collection.

IMPORTANT: If you fill the 24-hour container before you finish the entire 24-hour collection period proceed to step 6

6) Place the orange collection container on a level surface and read the volume from the markings on the container. In the upper right hand section of the requisition form, under the heading: 24-hour “POST” Sample #2 Information, fill in the date you finished the collection and **fill in the total volume collected.** Write the number of milligrams of iodine taken in the space indicated. (Commonly used iodine tablets each contain 12.5 mg of iodine; therefore 4 tablets = 50mg of iodine; 2 tablets = 25mg, etc.)

7) Mix the urine by shaking the orange container for at least 30 seconds then pour the urine into the specimen vial labelled “POST Sample #2”. Fill the vial up to the top of the label and then tighten the screw cap securely.

8) 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 #2 vial into the zip-lock bag containing sample #1, then place the bag in the shipping box.

9) Fill out the test requisition form completely and sign it. **The test cannot be performed without a properly filled out requisition.** Place the completed requisition form in the shipping box and then seal in the blue return envelope

The specimens are now ready for shipment.

For best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimens on the same day you finish the collection, such as over a weekend or holiday, put the specimens into a refrigerator until you are ready to ship the test collection kit.

**Note: Only return the collection vials as detailed.
Dispose of and Do NOT return the Orange Collection Container**