

Shipping and posting information:

Because of overseas shipping requirements, we do not receive samples on Weekends or Bank Holidays.

Please ensure you post your samples to be received by us no later than Friday Noon.

Failure to do so may require the test to be rejected and needing to be repeated.

If uncertain do check our website for details. www.regeneruslabs.com

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. The UPS home /office collection service normally offer a 4 hours collection window. Please see the en

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.

Regenerus Laboratories

NUT-1-3-5

Urine Halides/Iodine/Fluoride

Before You Start:

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

The Urine Halides/Iodine/Fluoride specimen takes 24 hours or less to collect depending on your physician's instructions.

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.

Use the provided vials and collection containers only. Other collection materials may result in falsely elevated results.

Verify Kit Contents:

- 1 Orange 24-hour urine collection container (not used for Random collection) shipped separately to this kit
- 1 Specimen collection cup
- 1 Specimen vial

- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 Return box, blue shipping bag, return courier label.

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

Telephone : 0203 750 0870
Email: info@regeneruslabs.com
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Collection Instructions:

IMPORTANT: Your physician will tell you to either collect a 24-hour urine specimen OR a random urine specimen (please choose First Morning Void, unless your practitioner has specifically requested you to test over 6 hours or 24 hours). Follow the appropriate directions listed below.

RANDOM COLLECTION (First morning void recommended)

- 1) Collect a single urination into the specimen collection cup (A first morning void is recommended). Pour the urine into the specimen collection vial. Fill the vial up to the top of the label and then tighten the screw cap securely.
- 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, your height & weight, and check the box marked Random and fill in the time of day you collected your sample.
- 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 in the return box.
- 4) 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 reply box and arrange shipment.

24-HOUR URINE COLLECTION

- A) When you arise empty your bladder and flush the urine down the toilet.
- B) 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 follow the procedure marked "EXCESS URINE COLLECTION" at the end of the directions.

- C) Place the orange collection container on a level surface and read the volume from 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 and your height & weight. Check the box marked "24-hours" and fill in the total volume collected. **The test cannot be performed without the 24-hour volume recorded on the requisition form.**

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

D) Mix the urine by shaking the orange container for at least 30 seconds then pour the urine into the specimen collection vial. Fill the vial up to the top of the label and then tighten the screw cap securely.

E) 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 in the return box.

F) 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 return box. The specimen is now ready for shipment.

EXCESS 24-HOUR URINE COLLECTION

- a. If you fill the 24-hour container before you finish the entire 24-hour collection period, read and record the volume and the date of collection on the requisition form in the section entitled: 24-hour Sample Information. See instruction #4 for details.
- b. Shake the orange container for at least 30 seconds then pour the urine into the specimen vial labeled "POST". Fill in the requested information on the vial. See instructions #7 for details.
- c. Pour out all of the urine in the 24-hour collection container, then continue collecting urine for the remainder of the 24-hour collection period.
- d. At the end of the 24-hour collection period, read and record the volume and the date of final collection on the requisition form in the section entitled: 24-hour "EXCESS" Urine Sample Information.
- e. Shake the orange container for at least 30 seconds then pour the urine into the specimen vial labeled "EXCESS". Fill in the requested information on the vial. See instructions#5 for details and continue with step #6.

Dispose of all Urine Collection Containers. Do not return them with your sample

For best results, Doctor's Data recommends shipping 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 specimen into a refrigerator until you are ready to ship the test collection kit.