

UK UPS Shipping Instructions

1) Ship specimens Monday through Wednesday. If you complete the collection on the weekend, hold the specimen until the following Monday to ship.

2) Place the cardboard kit box containing the specimens and the completed test requisition form into the blue/grey shipping bag and attach the UPS pre-paid label. (Please keep a record of your tracking number beginning 1ZAR6636)

3) Contact UPS on +44 (0) 3457 877 877, and request a standard returns collection, and that you have a pre-paid label. Quote account AR6636.

4) Alternatively, you can go to www.UPS.com/dropoff, to find your local drop-off locations. Please be aware when taking to a drop-off location, they mostly have only one collection per day.

NB If you do not wish to use UPS, but would prefer to use Royal Mail, we would recommend Special Delivery 1pm (not 9am), however, you would be liable for this cost, and Regenerus Labs would not make any reimbursement for shipping.

For all overseas shipping see included instructions



Regenerus Labs, Aero 14, Redhill Aerodrome,
Kingsmill Lane, Redhill, Surrey, RH1 5JY
Contact: info@regeneruslabs.com



EED03 DNA Oxidative Damage (8-hydroxy-2'-deoxyguanosine)

Before You Start:

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

The DNA Oxidative Damage assay requires a first morning void urine collection and the specimen must be frozen prior to shipment. Plan your collection so that you can ship the specimen the same day you collect it.

The test requires no special diet and you do not need to discontinue taking medications or dietary supplements, unless instructed otherwise 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 gel ice pack
- 1 Styrofoam insulating shell
- 1 Specimen collection cup
- 1 Specimen vial
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 Blue / grey shipping bag & UPS pre-paid label.

If you are missing kit components, please call Regenerus Labs on 0203 750 0870.

Save the cardboard collection kit box to ship your samples back to the laboratory. Leave the absorbent material in the zip lock bag. Do not put it in the specimen vial.

FIRST MORNING VOID COLLECTION

- 1) When you arise collect your first morning urination into the specimen collection cup. Pour the urine into the specimen 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, fill in the date you finished the collection and your height & weight
- 3) Write the patient's name, date of birth, and the date of collection on the specimen vial. ***The test cannot be performed without the patient identifiers on the vial.*** Place the vial into the zip-lock bag, then place the bag and the gel ice brix into a freezer until frozen solid (usually about 6 hours).
- 4) After freezing, place the frozen gel ice brix into the bottom of the Styrofoam insulation shell, then place the zip-lock bag containing the frozen specimen on top of the gel ice brix. Close the shell and place it into the cardboard shipping box.
- 5) 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 cardboard shipping box. The specimen is now ready for shipment.

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 and gel ice brix back into a freezer until you are ready to ship the test collection kit. Shipping needs to happen no longer than 72 hours after collection.



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