

URINE COLLECTION INSTRUCTIONS

What's in the box?

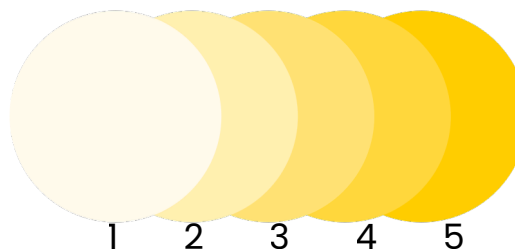
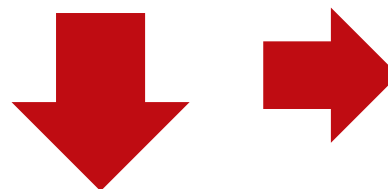
- Test requisition form
- Urine transfer cup
- Vacuum Urine tube
- Green cap for shipping
- Absorbent Pad
- Biohazard Bag
- Ice Pak
- Returns Postage label
- Shipping Bag

Please allow up to 15 business days for results. Since this is a test ordered by your practitioner, you should request all results from their office.

www.kbmodiagnosics.co.uk

IMPORTANT

Please see the instructions overleaf, and the urine colour guide below, for guidance on how to complete and ship your sample.



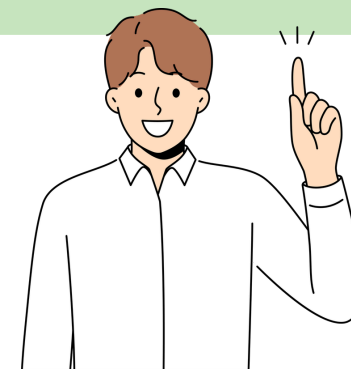
Urine must be medium to dark yellow (anywhere between 2-5 on the chart above), if you notice your urine is light coloured or clear, please dispose of it, rinse out the collection cup, let it air out and re-collect the next day.

TIP: discontinue liquids 2 hours before bed and avoid emptying your bladder in the middle of the night.

Please discontinue taking any binders for 72 hours before urine collection.

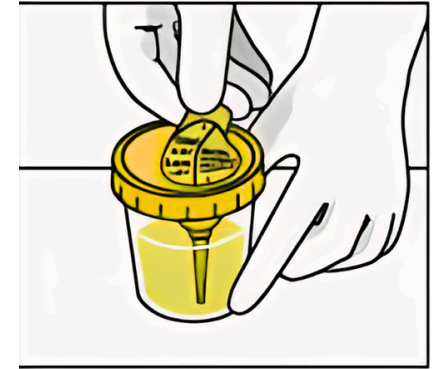
These include Activated Charcoal, Bentonite Clay, Montmorillonite Clay, Clinoptilolite, Zeolite, Psyllium Husk, etc.

Continue taking all other supplements and medications as normal.

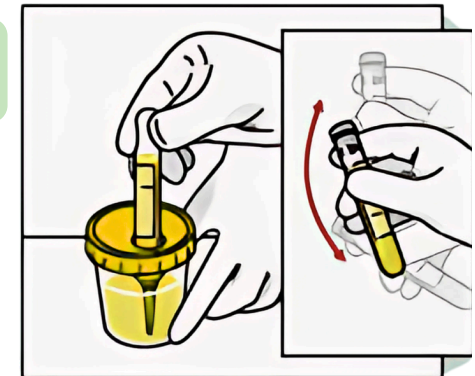


- 1 Collect the first morning urine into the urine cup, THEN transfer to the transport tube **(a,b,c)**
- 2 After transferring the sample into the tube, remove the white cap on the transport tube and replace it with the green cap before freezing upright and shipping
- 3 Fill out the patient's name, date of birth (DOB), and date of collection (DOC) on the transport tube label (c) in fine tip permanent ink
- 4 Freeze sample with sample tube upright and freeze ice pak laying flat, until completely frozen
- 5 Complete ALL highlighted parts of the test requisition form
- 6 Fold completed test requisition form and place it in the outer pouch of the biohazard bag, to protect it from ice pak condensation
- 7 Once the ice pak and sample are completely frozen, your sample is ready for shipping
- 8 Seal the ice pak, sample tube, and absorbent pad in the biohazard bag's Ziploc section. Place everything in the silver bag, then in the original box.
- 9 Place closed box in the shipping bag. Make sure it is completely sealed, and stick the postage label to the front.
- 10 Drop off your box at any UK post office counter

a



b



c

