

Step 3:

Returning The Sample To The Laboratory

Samples must be returned to Genova Diagnostics by overnight delivery to arrive next day.

For UK mainland patients only: Genova Diagnostics recommends using the enclosed courier collection service, or alternative e.g.: Royal Mail, Special Delivery. The mailing envelope is not pre-paid.

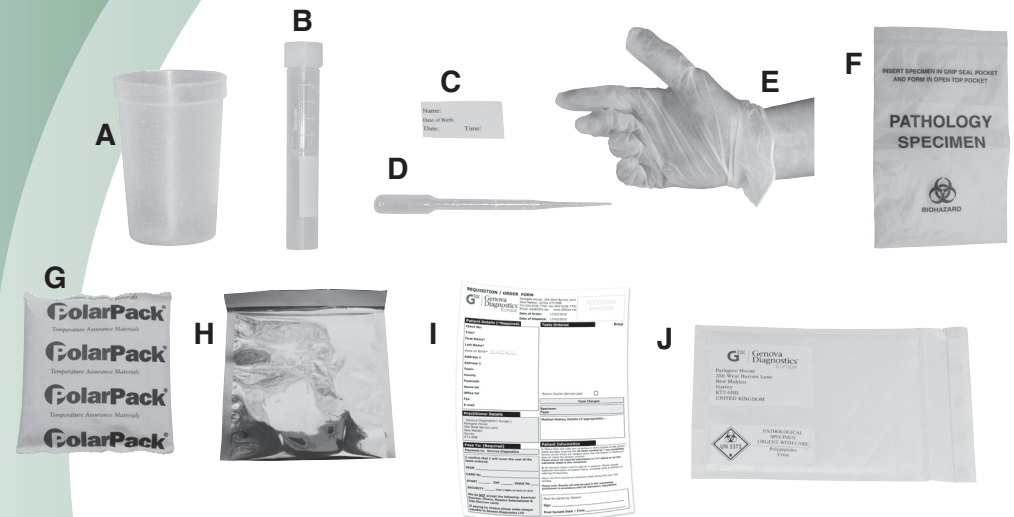
For patients outside of the UK: please arrange an international courier such as FedEx, DHL, UPS.

Please note: the laboratory is closed at weekends. Samples should not be in transit over the weekend; please arrange for the samples to be sent overnight and to arrive no later than Friday.

- Plan to return the samples **Monday – Thursday by overnight delivery only.**
- If sample is completed on a Friday - Sunday, please keep it frozen until Monday and return it on Monday for Tuesday.
- Make sure the collection tube is tightly closed and identified with completed label. Failure to complete the label correctly will result in the sample being rejected.
- Put the tube in the biohazard bag with absorbent paper and seal it securely.
- Place the biohazard bag in the silver pouch with the frozen freezer brick.
- Place the sealed silver pouch inside the mailing envelope with your completed and signed requisition form.
- Seal the envelope.
- Once posting/couriering of samples has been arranged, keep any tracking numbers issued by the courier / Royal Mail for future reference.

Oxidative Stress 2.0 (Urine)

Patient Collection Instructions



Check Your Kit

- A - 1 Urine collection cup
- B - 1 Urine transfer tube
- C - 1 Label
- D - 1 Pipette
- E - 1 Glove
- F - 1 Biohazard bag and absorbent paper
- G - 1 Gel freezer brick
- H - 1 Silver pouch
- I - 1 Requisition (to be completed and signed)
- J - 1 Mailing envelope

- If any of the items are missing or expired, call the laboratory on 020 8336 7750.
- The appearance of the above kit components are for illustration use only and actual contents may vary slightly from that shown.

Step 1:

Important things to know and consider

- Abnormal kidney function or use of diuretics may influence test results. This test should not be performed on individuals with kidney disorders. In addition, certain medicines may impact test results [e.g. cephalosporins, cimetidine (Tagamet), fibrates (e.g. Ciprofibrate), and trimethoprim]. Let your practitioner know about your use of these medications. **Do not change use of medications unless instructed to do so by your healthcare provider.**

Schedule and prepare for your urine collection

- It is essential to avoid excessive fluid intake for the 24 hours prior to collection. Aim to drink no more than an average fluid intake of 1.5 litres, spread throughout the day.
- **Samples must be frozen for at least 2 hours** prior to returning. Please note: samples completed on Friday – Sunday should be stored frozen until Monday for returning to the laboratory by overnight delivery.
- **Freeze the enclosed gel freezer brick** for a minimum of 4 hours before sending.
- Female patients should not collect samples during menstruation.
- **Complete the requisition form** with all patient and payment information. Be sure it is signed by the patient/ responsible party in the box labelled “Final Sample Date / Time.”

Step 2:

Collecting your urine specimen

Not following these instructions may affect your test results.



- 1** Using a ballpoint pen or pencil only, **write your full name (first and last), date of birth, time and date of collection** on the label provided. Affix to the urine transfer tube.



- 2** After awakening for the day (after 6 to 8 hours sleep), **collect your first morning urine* in the collection cup** provided in your kit. *After filling the cup, pass any additional urine into the toilet.*
**If you wake up to urinate during the night within six hours before your rising time, collect your urine and refrigerate, then mix that sample to the urine you collect when you rise for the day. You may wish to use a disposable cup or other clean container (cleaned with hot water only).*



- 3** Use the pipette to transfer urine from the collection cup into the tube until nearly full.



- 4** Recap the tube tightly and shake the tube to mix thoroughly.



- 5** Place the filled tube into the biohazard bag and freeze for a minimum of 2 hours prior to returning it to the laboratory.

Consult your healthcare provider if you have any questions at any time during this test.