



First in Nutritional and Environmental Medicine

## Urine Neuro-Biogenic Amines Collection Instructions

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The Urine Neuro-Biogenic Amines specimen collection involves a choice of 3 different collection times, **please check with your practitioner as to which one they want you to do:**

- A. First Morning Collection or
- B. Second Morning Collection or
- C. 24 hour urine collection.

Many alterations in physiologic, pathogenic and environmental factors can affect neurotransmitter concentrations:

- For **3 days before and during the collection** avoid eating avocados, eggplant, tomatoes, bananas, melons, pineapple, grapefruit, plums and nuts.
- For **24 hours before and during the collection** avoid strenuous exercise, alcohol, coffee, tea, tobacco.
- It is preferable to be off supplements and medications, including those that regulate allergy, mood, sleep, pain and inflammation.

*Never discontinue prescription medications without first consulting your physician.*

Female patients should not collect urine during a menstrual period.

### Kit Contents:

- 1 Polar Pack Foam Freezer pack
- 1 Styrofoam Insulating Sleeve
- 1 Specimen Collection Cup
- 1 Amber Urine Collection container (**for 24 hour collection only**) - **\*for accurate test results bag needs to be fully inflated before use\***
- 1 Urine Specimen Vial with w/oxalic acid preservative (**CAUTION:** May cause irritation – do not ingest or inhale)
- 1 Zip-lock Bag with absorbent material
- 1 Test requisition form
- 1 Pre-Paid Courier Bubble Mailer Bag

(If you are missing kit components please contact FxMed 0800 439 633)

## **A: FIRST MORNING COLLECTION**

1. When you arise, collect your first morning urination into the specimen collection cup. Pour the urine into the specimen collection vial. Fill the vial up to the fill-line and then tighten the screw cap securely, invert 5 times to mix urine and preservative. **Do not overfill vial.**
2. Write the your name, date of birth and the date and time of collection, on the specimen vial. ***The test cannot be performed without the patient information on the vial.***
3. In the collection information section of the test requisition form (upper right hand corner), fill in the date and time the urine was collected, your height and weight and tick the box marked “**First Morning Urine**”
4. Place the vial into the zip-lock bag, and then place the bag and the foam freezer pack into a freezer until frozen solid (usually about 6 hours).
5. **To ship specimen** – retrieve the bag containing the frozen specimen and the frozen foam freezer pack. Place the frozen freezer pack into the bottom of the Styrofoam insulation shell then place the bag containing the frozen specimen bottle on top of the foam pack. Close the shell and place it into the cardboard shipping box.
6. Ensure the test requisition form is completed and sign it. The test cannot be performed without a properly filled out requisition form. Place the completed test requisition form in the cardboard shipping box. Place in Courier Bubble Mailer Bag. The specimen is now ready for shipment.

## **B: SECOND MORNING COLLECTION**

1. When you arise urinate into the toilet and flush the urine – do not save this urine.
2. **Wait 2 hours before collecting the next urine.** Do not eat or exercise during this time. A small amount of water is okay.
3. **After 2 hours**, urinate into the specimen collection cup. Pour the urine into the specimen collection vial. Fill the vial up to the fill-line and then tighten the screw cap securely, invert 5 times to mix urine and preservative. **Do not overfill vial.**
4. Write the your name, date of birth and the date and time of collection, on the specimen vial. ***The test cannot be performed without the patient information on the vial.***
5. In the collection information section of the test requisition form (upper right hand corner), fill in the date and time the urine was collected, your height and weight and tick the box marked “**Second Morning Urine**”.
6. Place the vial into the zip-lock bag, and then place the bag and the foam freezer pack into a freezer until frozen solid (usually about 6 hours).
7. **To ship specimen** – retrieve the bag containing the frozen specimen and the frozen foam freezer pack. Place the frozen freezer pack into the bottom of the Styrofoam insulation shell then place the bag containing the frozen specimen bottle on top of the foam pack. Close the shell and place it into the cardboard shipping box.
8. Ensure the test requisition form is completed and sign it. The test cannot be performed without a properly filled out requisition form. Place the completed test requisition form in the cardboard shipping box. Place in Courier Bubble Mailer Bag. The specimen is now ready for shipment.

## **C: 24-HOUR URINE COLLECTION**

***This collection consists of collecting urine through-out a 24 hour period.***

1. When you arise urinate into the toilet and flush the urine – do not save this urine.
2. Begin your collection with your second urination and collect all other urine 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 amber specimen collection container. Keep the amber container in the refrigerator until you are finished with you 24-hour collection. **(Ensure you have inflated the amber collection container prior to filling).**
3. After all urine has been collected, place the amber collection container on a level surface and read the volume from the markings on the container.
4. In the collection information section of the test requisition form (upper right hand corner), fill in the date and time the urine was collected, your height and weight and tick the box marked **“24 hours - Volume”** and **fill in the total volume collected.**
5. Write the your name, date of birth and the date and time of collection, on the specimen vial. ***The test cannot be performed without the patient information on the vial.***
6. Mix the urine by shaking the amber container for at least 30 seconds then pour the urine into the specimen collection vial. Fill the vial up to the fill-line and then tighten the screw cap securely, invert 5 times to mix urine and preservative. **Do not overfill vial.**
7. Place the vial into the zip-lock bag, and then place the bag and the freezer pack into a freezer until frozen solid (usually about 6 hours).
8. **To ship specimen** – retrieve the bag containing the frozen specimen and the frozen foam freezer pack. Place the frozen freezer pack into the bottom of the Styrofoam insulation shell then place the bag containing the frozen specimen bottle on top of the foam pack. Close the shell and place it into the cardboard shipping box.
9. Ensure the test requisition form is completed and sign it. The test cannot be performed without a properly filled out requisition form. Place the completed test requisition form in the cardboard shipping box. Place in Courier Bubble Mailer Bag. The specimen is now ready for shipment.

*Shipping Instructions on next page*

Ideally, conduct the urine collection test on the weekend and send by courier to FxMed, so we receive it by Tuesday. We then courier all samples to Doctors Data, on Wednesday morning every week.

## Shipping Instructions

Please call NZ Courier on 0800 800 841, when your sample is ready to be picked up. Tell the operator you have a “Pre-Paid Pickup” and give your location and, for your convenience, check as to what time they will pick up.

Please make sure to keep the tracking number for future reference.

