

## Collection Instructions – Urine Amino Acids

The Urine Amino Acids analysis takes one day to collect and the specimen must be frozen prior to shipment.

The test requires no special diet but if you are taking antibiotic medications, please finish the course of medications, and then wait 48 hours before starting the collection. Please refrain from taking non-essential medications or dietary supplements 48 hours prior to and during the specimen collection, unless otherwise instructed by your practitioner. Never discontinue prescription medications without first consulting your practitioner.

Female patients should not collect urine during a menstrual period.

### Kit Contents:

- 1 Polar Pack freezer pack
- 1 Styrofoam insulating sleeve
- 1 24-hour collection bladder (not used for first morning void collection) **\*for accurate test results bag needs to be fully inflated before use\***
- 1 Specimen collection cup
- 1 Specimen vial
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 Pre-paid courier bag

(If you are missing kit components please contact FxMed)

\*\*\*Your practitioner will tell you to either collect: a 24-hour urine specimen or a first morning void urine specimen\*\*\*

### **24-HOUR URINE COLLECTION**

1. When you arise skip your first morning urination. Begin your collection with your second urination and collect all other urination 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 collection bladder. Keep the bladder in the refrigerator until you are finished with your 24-hour collection.
2. Place the collection bladder on a level surface and read the volume from the markings on the container. In the collection information section of the requisition form fill in the date you finished the collection and your height and weight (your height and weight is required to produce a supplement schedule). Check the box marked "24-hours" and **fill in the total volume collected.**
3. Mix the urine by shaking the collection bladder for at least 30 seconds then pour the urine into the capped specimen collection vial. Fill the vial up to the top of the white label and then tighten the screw cap securely. **Do not overfill the vial**
4. Write the patient's name, the date of collection, and the 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, and then place the bag and the freezer pack into a freezer until frozen solid.

5. Retrieve the bag containing the frozen specimen and the freezer pack and place them into the Styrofoam insulation shell. Close the shell and place it into the cardboard shipping box.
6. Fill out the test requisition form completely and sign it. The test cannot be performed without a properly filled out requisition form. Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment.

## **FIRST MORNING URINE 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 top of the white label and then tighten the screw cap securely. **Do not overfill vial**
2. In the collection information section of the requisition form fill in the date you finished the collection and your height and weight (your height and weight is required to produce a supplement schedule). Check the box marked "First morning Urine"
3. Write the patient's name, the date of collection, and the 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, and then place the bag and the freezer pack into a freezer until frozen solid.
4. Retrieve the bag containing the frozen specimen and the freezer pack and place them into the Styrofoam insulation shell. Close the shell and place it into the cardboard shipping box. The specimen is now ready for shipment.
5. Fill out the test requisition form completely and sign it. The test cannot be performed without a properly filled out requisition form. Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment

**Ideally, conduct the urine collection test on the weekend (for 24 hour collection) or Sunday (first morning void collection) 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.**

**Please call NZ Post on 0800 800 841, when your sample is ready to be picked up. Tell the operator you have a 'Pre-Paid Pickup' – 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.**