



# The Great Plains Laboratory, Inc.

- **Organic Acids (OATS)**
  - **GLP-TOX**
  - **Glyphosphate**
- **Phospholipase A<sub>2</sub> Activity**
  - **GPL - MycoTOX**

This test kit / test instructions cover all of these  
FIRST MORNING VOID tests.



*First in Nutritional and Environmental Medicine*

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# Patient Check List

*Please read and understand the below requirements before you begin*

- Verify You have all Kit Contents:
  - 1 Test Requisition Form
  - 1 Cardboard Box
  - 1 **Urine Specimen Jar**
  - 1 **Zip-lock Bag**
  - 1 Silver Thermo Bag
  - 1 **Freezer Pack (Polar Pack Gel)**
  - 1 **Absorbent Material**
  - 1 Pre-paid Courier Bag

## 24hrs BEFORE Collection

- Place the **Freezer Pack** in the base of the Cardboard Box and put in freezer.
- To avoid dilution of the specimen, limit liquid intake starting at 6pm the night prior to collection period.
- If completing the Organic Acids Test, please refrain from consuming the following for a minimum of **24hrs** prior to collection:
  - Fruit Juice, Jelly, Bananas, Apples, Pears, Grapes/Raisins, Plums/Prunes, Cranberries, Kiwi, Pineapple, Avocado, Tomato/Tomato Sauce, Aged and Processed Cheeses, Wine, Walnut, Pecan, Vanilla Extract, Arabinogalactan, Echinaecea, Reishi Mushrooms and Ribose Supplements
- Please refrain from taking non-essential medications 48 hours prior to and during the specimen collection, as authorised or alternatively advised by your practitioner.
- Female patients should not collect urine during a menstrual period.

**THIS TEST IS A FIRST MORNING VOID COLLECTION.**

# Best Day To Collect



Ideally, complete test by Sunday and ship on Monday (after an overnight freeze)

## First Morning Urine Collection

- 1.** Fill out the **Test Requisition Form** and sign it.  
The test cannot be performed without a properly filled out Requisition Form.
- 2.** When you arise, collect your first morning urination into the **Urine Specimen Jar** BEFORE eating or drinking.  
Fill the **Urine Specimen Jar** up to the top of the white label and then tighten the screw-cap securely. Do not overfill **Urine Specimen Jar**.
- 3.** Urine must be yellow in colour, if urine is clear the sample is too dilute and you will need to collect a new sample. You will need a fresh **Urine Specimen Jar**.



- 4.** Write the patient's name, the date and time of collection, and the patient's date of birth on the **Urine Specimen Jar**  
The test cannot be performed without the patient information on the Urine Specimen Jar. Ensure the patient name on the **Urine Specimen Jar** is identical to the **Test Requisition Form**.
- 5.** Place the **Urine Specimen Jar** with the **Absorbent Material** inside the **Zip-lock Bag**. Place the **Test Requisition Form** in the outer sleeve of **Zip-lock Bag**.
- 6.** Place the **Freezer Pack** and **Zip-lock Bag** into Silver Thermo Pack. Place Silver Thermo Pack into the Cardboard Box, close box and place box in freezer until sample is frozen solid.

SHIPPING INSTRUCTIONS ON NEXT PAGE

# Organise Shipping

- 1.** To ship specimen, retrieve the cardboard box (containing the frozen specimen and test requisition form). Place the cardboard box into the Pre-Paid Courier bag and then send to FxMed.
- 2.** Ideally complete test on Sunday morning. Freeze overnight and then send to FxMed, first thing Monday morning so we receive it by Tuesday. We then courier all samples to Great Plains Lab on Wednesday morning every week.
- 3.** 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.

South Island patients – Please inform the courier that you have an urgent pick-up.



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