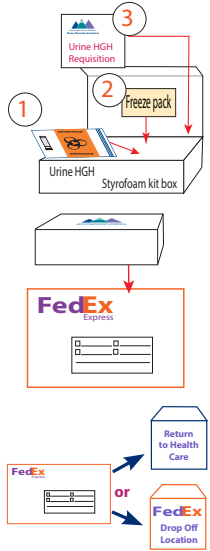


Sending Your Sample



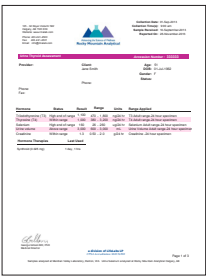
Sample must arrive at the laboratory on a weekday. Send sample as soon as possible after collection.

Place the **purple-top tubes containing your sample** into the resealable biohazard bag and **ensure the bag is sealed**. Then place the sealed biohazard bag into the insulated envelope with the freeze pack. Finally, place the requisition, the insulated envelope inside the kit box. Close the box and put it inside the prepaid return mailer provided. **Remember to seal the mailer.**

Next, either:

- Return the FedEx package to your healthcare professional for shipping, or
- Take the FedEx package to your nearest FedEx drop off location. No cost to you. See: www.fedex.ca for drop-off locations, or
- Call FedEx and schedule a pick-up from your location. 1.800.463.3339

Getting Results - *Sample report as shown*



Results will be sent to your healthcare professional approximately two (2) to three (3) weeks after your sample has been received by Rocky Mountain Analytical. Note that the sample may take several days to arrive at the lab.

Please contact your healthcare professional if you have questions regarding your results.

Note: Rocky Mountain Analytical staff do not discuss test results with patients.

Patient Privacy

Privacy Statement: Your healthcare professional's stamp or signature on the requisition is our legal authority for analyzing your urine sample. The personal information you provide is necessary for us to provide a thorough analysis. This information will be stored confidentially and used only for the purpose of analyzing your specimen. Some aggregate data may be used for research purposes. If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical. info@rmlab.com | P: 403-241-4500 | F: 403-241-4501



24-hour Urine Collection Instructions

Important: Read all instructions prior to collecting urine

Before You Begin

- Collection tube is for urine only
- Check contents of the kit. If anything is missing, please contact your healthcare professional.
- Please dispose of the 4L container when finished**



Kit Contents

- Requisition form
- Collection instructions
- 1 x disposable transfer pipette
- Boric acid powder
- 2 x 50 mL purple-top specimen tube in a resealable biohazard bag containing an absorbent square**
- Freeze pack
- Insulated envelope
- Prepaid return mailer
- 4L container (supplied by your healthcare professional)**

****Important** Absorbent material must remain in the resealable biohazard bag. Do not put absorbent material in toilet or collection tube. Collection tube is for urine only.

105 - 32 Royal Vista Dr. NW, Calgary, AB T3R 0H9
E: info@rmlab.com | P: 403-241-4500 | F: 403-241-4501

www.rmlab.com
A division of LifeLabs LP

How to Prepare

Maintain Your usual dietary habits. Do not increase or decrease your normal fluid intake. Minimize the amount of caffeine consumption (e.g. coffee, tea, sodas) for two days before you begin, and during the collection.

If your total 24-hour urine volume is less than 1 litre or more than 3 litre discard sample and re-collect, adjusting fluid intake accordingly.

Do not collect urine if:

- you have a urinary tract infection
- you are menstruating - 7 to 9 days before the start of your period is best

Collect sample over two days when it is most convenient for you. If you miss a sample, the test must be started over.

Timing: START TIME is the time you throw away your first sample, END Time is the last collection exactly 24 hours after the start time.

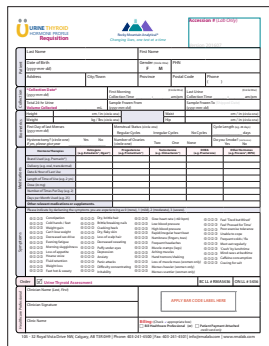
Send your frozen sample on Monday Tuesday or Wednesday (unless a statutory holiday).

Note: Put freeze pack into insulated envelope and place in freezer the night before you begin.

Lab Requisition

Check your requisition to ensure it includes your healthcare professional's signature and bar code label. If either are missing please contact your healthcare professional before sending us your sample.

Complete your requisition with the following:



- Legal name (first and last), address, telephone number(s). **Important: The name on your sample(s) and your requisition MUST match exactly**
- Date of birth (yyyy-mm-dd)
- Gender
- Date and time of collection (yyyy-mm-dd)
- Total collection volume (24 hour collection)
- All medication and supplements you are using as they may affect test results

Sample Labeling

Use permanent ink ball point pens as other inks are water soluble (e.g. roller ball ink) and may wash off containers or smear.

Complete sample label with the following:



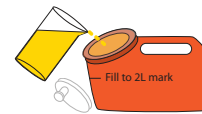
- Legal name (first and last) **Important: The name on your sample(s) and your requisition MUST match exactly**
- Date of birth (yyyy-mm-dd)
- Start date and time of collection (yyyy-mm-dd)

Sample Collection

1. Throw away your first morning urine. Make sure your bladder is completely emptied. Record this date and time on your requisition. This is the START TIME.



2. Using a clean cup, collect **all** urine for the next 24 hours including the next mornings first urine, and pour into the 4L container provided.



Important: If one of the urine samples during the 24 hour period is missed or not added, the test must be started over.



3. Store urine in refrigerator between collections. Collect the last urine sample exactly 24 hours after your START TIME. Try to collect even if you do not feel the urge to urinate. This is your END TIME.

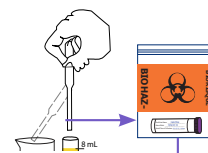


4. When collection is finished, measure and record the total urine volume in the 4L container as closely as possible (e.g. halfway between 1500 and 1600 would measure 1550; 1/3 of the way up between 1500 and 1600 would measure 1530).

5. Empty the vial of boric acid into the 4L container and mix by swirling the container gently.

6. Label the purple top tubes (see Sample Labeling).

7. Transfer 40 mL of urine from the 4L container into each of the two labelled 50 mL tubes using the transfer pipette.



Note: Fill only to the 40 mL line, leaving room at the top of the tube as the sample expands during freezing and overfilled containers may cause the lid to crack.

8. Firmly screw the lids on the tubes and place upright in the freezer immediately after transfer is complete.



Note: Dispose of the 4L container when finished.