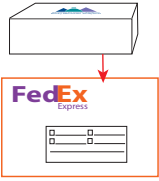
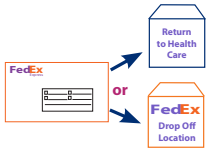


## Sending Your Sample

Send samples on Monday, Tuesday, Wednesday or Thursday only. The laboratory is closed on weekends and samples will be rejected if delivery is attempted on a weekend.



- Place the **green-top tube(s) containing your sample(s)** into the biohazard bag and **ensure the bag is sealed**.
- Place the sealed bag into the insulated envelope with the frozen freeze pack.
- Then place the requisition and the insulated envelope containing the sample and freeze pack into the kit box and place box into the prepaid return mailer provided. **Remember to seal the return mailer.**



Next, either:

- Return the prepaid mailer to your healthcare professional for shipping, or
- Take the prepaid mailer to your nearest FedEx drop off location. No cost to you. See: [www.fedex.ca](http://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 seven (7) to ten (10) days 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](mailto:info@rmlab.com) | P: 403-241-4500 | F: 403-241-4501*



## Urine Collection Instructions

**Important:** Read all instructions prior to collecting urine

### Before You Begin

- Make sure you know if you are doing a first morning (PRE) or timed collection (POST). If you are not sure, please confirm with your healthcare professional.
- Check contents of the kit. If anything is missing, please contact your healthcare professional.



### Kit Contents

- Requisition form
- Collection instructions
- 1 or 2 x 10mL green top collection tube(s) (**2 tubes for PRE and POST**)
- Transfer pipette
- Ice pack
- Insulated envelope
- Resealable biohazard bag with absorbent material\*\*
- Prepaid return mailer
- 3L container (supplied by your healthcare professional when applicable)**

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

## How to Prepare

**Women:** Do not collect during a menstrual period.

If you have a urinary tract infection, wait until it is completely cleared before collecting urine. Do not collect urine if you have kidney disease.

Avoid excess fluid intake the night before your first morning urine collection. Minimize the amount of caffeine consumption (e.g. coffee, tea, sodas) for two days before you begin, and during the collection.

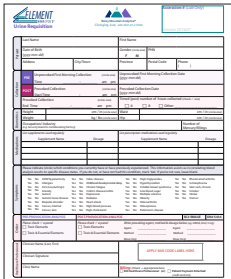
Omit fish and shell fish from your diet for two days prior to and during the collection. Some fish and shell fish may contain mercury and/or arsenic.

Continue the use of multi-vitamins and/or mineral supplements before you begin, unless otherwise advised by your healthcare professional.

## 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)
- 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:

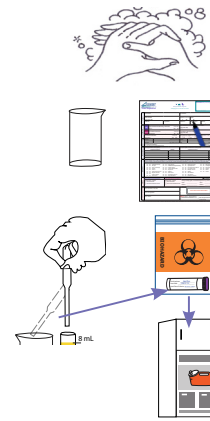


- Legal name (first and last) **Important: The name on your sample(s) and your requisition MUST match exactly**
- Date of birth (yyyy-mm-dd)
- Date and time of collection (yyyy-mm-dd)

**IMPORTANT: COLLECT EITHER SAMPLE A** if you are doing a first morning collection, **OR SAMPLE A & B** if you are doing a first morning and a timed collection.

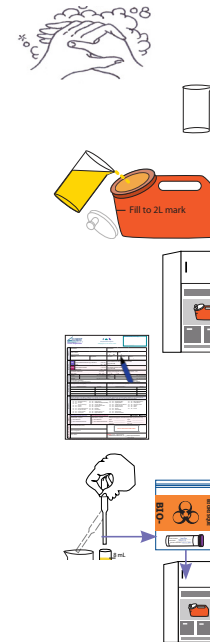
## A: First Morning PRE/Unprovoked

**Note:** You will need to place the insulated envelope with the ice pack in a freezer, leaving the envelope flap open, the day before collection. Ensure the ice pack is completely frozen.



1. This specimen should be collected from your first void when you get up in the morning with a full bladder.
2. Wash your hands thoroughly before beginning your collection.
3. Using a clean cup, collect urine.
4. Use the pipette to transfer 8 mL of urine to the green top collection tube. Firmly screw the lid on the tube. Label the tube PRE.
5. Send samples the same day as collection if possible. Keep sample(s) in the refrigerator if you cannot send the same day (see Sending Your Sample).

## B: Timed POST/Provoked



1. Wash your hands thoroughly before beginning your collection.
2. Completely empty your bladder just prior to taking provoking agent. Your healthcare professional will have advised you how long to collect urine after taking the provoking agent. Record the time on your requisition and collect all urine for the prescribed time in a clean cup then transfer it to the 3 L urine collection container provided.  
**Note:** Keep the 3L urine container in the refrigerator until you finish collecting all urine samples.
3. After all urine has been collected, record this time on the requisition and tube. Then swirl the container for 30 seconds to mix thoroughly. Use the pipette to transfer 8 mL of urine to the green top test tube. Firmly screw the lid on the tube. Label the tube POST.
4. Send samples the same day as collection if possible. Keep sample(s) in the refrigerator if you cannot send the same day (see Sending Your Sample).
5. Dispose of remaining sample and the 3L collection container.