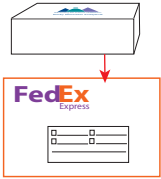
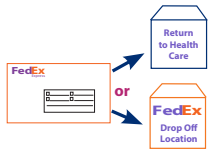


Sending Your Sample

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



Place the sealed **green-top tubes containing your sample** into the plastic resealable bag with the absorbent square and **ensure the bag is sealed**. Then place the requisition and the sealed plastic bag into the second resealable bag before placing the whole package into the box. Place the box into the FedEx clinical pack provided. **Remember to seal the FedEx pack.**



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 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 | P: 403-241-4500 | F: 403-241-4501



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
- 1 x 10 mL Green-top specimen tube in a biohazard bag containing an absorbent square**
- Prepaid return mailer
- 4L 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; seven to nine days before the start of your period is best.

If you have a urinary tract infection, wait until it is completely cleared before collecting this test.

Do not collect urine if you have kidney disease.

Avoid access fluid intake the night before your morning urine collection.

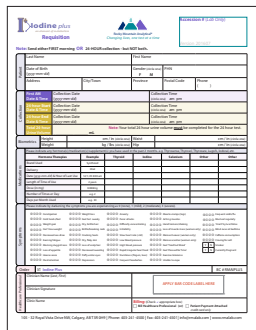
Avoid foods with benzoic acid (benzoate) and sorbic acid (sorbate) for two days before you begin, and during the collection.

Do not use bag B after the expiry date. If your bag is expired, contact your healthcare professional for a new one.

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

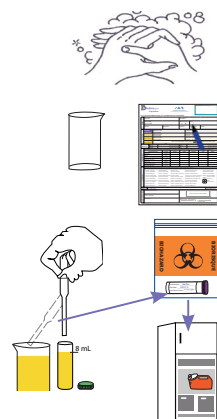
Use permanent ink ball point pens as other inks are water soluble (e.g. roller ball ink) and may wash off containers or smear.

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)

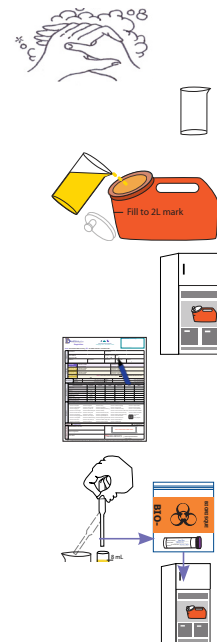
Important: COLLECT EITHER SAMPLE A if you are doing a first morning collection, **OR SAMPLE B** if you are doing a 24-hr collection.

A: First Morning Sample Collection



1. This sample 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 **at least 2 mL** of urine to green-top collection tube. Firmly screw the lid on the tube.
5. Send sample the same day as collection if possible. Keep sample in the refrigerator if you cannot send the same day (see Sending Your Sample).

B: 24-hour Sample Collection



1. Wash your hands thoroughly before beginning your collection.
2. Completely empty your bladder just prior to collecting. Record the time on your requisition and collect all urine for the next 24 hours in the 4L urine collection container provided.
Note: Keep the 4L 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. 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.
4. Send sample the same day as collection if possible. Keep sample in the refrigerator if you cannot send the same day (see Sending Your Sample).