

**Step 7:** Mix the urine by shaking the orange urine collection container for at least 30 seconds then pour the urine into the specimen vial. Fill the specimen vial to the fill line – do not underfill. Tighten the screw cap securely and invert 5 times to mix urine with the preservative.



**Step 8:** Place the specimen vial into the resealable plastic bag, then place into the freezer along with your gel freezer pack until frozen (usually 4-6 hours).



## Shipping Preparation

### When to schedule your shipment

- Ship your samples as soon as possible. If you cannot ship the samples the same day you complete the collection, such as over a weekend or holiday, keep the resealable plastic bag containing the specimen vial in the freezer along with your gel freezer pack until you are ready to ship. Do not store for more than three days.
- Schedule your shipment so that your samples will arrive to the laboratory on a working day, as we are closed over the weekend.

### When you are ready to ship

- Ensure that you have provided the following information:
  - Personal Information Form: make sure the form is completed, and that you have noted if you have done a FMV or a 24-hour collection (if 24-hour, ensure you have noted the total volume collected).
  - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).

### Prepare your shipment:

- Take the gel freezer pack and resealable plastic bag containing the specimen vial from the freezer.
- Place the frozen gel freezer pack into the bottom of the Styrofoam insulation sleeve, then place the resealable bag containing the frozen specimen on top of the gel freezer pack, and place it into the supplied box, along with the completed Personal Information Form.
- Place the box in the DHL bag and ship (see Shipping Instruction).



Nygade 6, 3.sal • 1164 Copenhagen K • Denmark • Tlf: +45 33 75 10 00  
[info@nordic-labs.com](mailto:info@nordic-labs.com) • [www.nordic-labs.com](http://www.nordic-labs.com)

© Copyright 2018 Nordic Laboratories. Reproduction may be made for personal use only. Systematic electronic or print reproduction and distribution including duplication of any material in this paper for the fee or for commercial purposes, or modification of the content of the paper are prohibited.



## Welcome To Your Test Kit

You have chosen to do a Urine Amino Acids Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit, you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

## Check Your Kit

### Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Styrofoam insulating sleeve
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Gel freezer pack
- 1 x DHL bag
- 1 x DHL shipment waybill
- 2 x Pro-forma Invoices (**these are only included if you are shipping from a non-EU country**)

### \*CAUTION

Vial contains approximately 60 mg of oxalic acid. Do not Ingest or Inhale. Wipe spills with a wet towel. In case of contact with skin, wash with soap and plenty of water. In case of accidental contact to eye or ingestion, rinse with plenty of water. Seek medical attention if warranted.

### Collection Materials

- 1 x Resealable plastic bag
- 1 x Specimen collection cup
- 1 x Specimen vial with oxalic acid powder\*
- 1 x Absorption pad
- 1 x Orange collection container (only needed for a 24-hour collection)

If any items are missing or expired, please call +44 (0)1580 201687 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu).

## Preparation

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

### When to schedule your collection

- This test kit takes 24 hours or less to complete, depending on your practitioner's instruction.

### Important notes

- Never discontinue prescription medications without first consulting your physician.
- Female patients should not collect urine during a menstrual period.
- Use the provided vial and collection container to avoid contamination of the specimen. Use of other collection materials may result in falsely elevated results.
- Urine Amino Acids are unstable at warm temperatures and must be kept cold at all times. The specimen must be frozen for a minimum of four hours prior to shipment and packaged with the gel freezer pack.
- The test requires no special diet but if you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting this 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.

## Collection Procedure

### Follow Collection Instructions A or B as directed:

- If your practitioner tells you to collect a First Morning Void (FMV).
- If your practitioner tells you to collect a 24-hour urine sample.

### Collection Instructions A (FMV – First Morning Void)



#### Step 1:

When you wake up and get out of bed for the day, urinate into the supplied specimen collection cup.



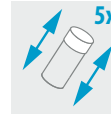
#### Step 2:

Write your full name and date of collection on the label attached to the vial.



#### Step 3:

Pour the urine into the specimen vial. Fill the vial to the fill line – do not underfill.



#### Step 4:

Tighten the screw cap securely and invert 5 times to mix urine with the preservative.



#### Step 5:

On the Personal Information Form, verify that the information is correct and edit if needed. Please ensure that you note the date and time of your sample, your height and your weight. Please also note that you have done a 'FMV'.



#### Step 6:

Place the specimen vial into the resealable plastic bag, then place into the freezer along with your gel freezer pack until frozen (usually 4-6 hours).

### Collection Instructions B (24-hour urine collection)

This collection consists of collecting urine throughout a 24-hour period.



#### Step 1:

When you wake up and get out of bed for the day, urinate into the toilet and flush the urine – do not save this urine.



#### Step 2:

Write your full name and date of collection on label attached to the vial.



#### Step 3:

Begin your 24-hour collection with your second urination and collect all urine up to and including the first morning urination of the following day. Collect each urination into the specimen collection cup then pour into the orange collection container.



#### Step 4:

Keep the orange collection container in a refrigerator until you have finished your 24-hour collection.



#### Step 5:

After all urine has been collected, place the orange collection container on a level surface and read the volume from the markings on the container.



#### Step 6:

On the Personal Information Form, verify that the information is correct and edit if needed. Please ensure that you note the date that you finish your sample, your height and your weight. Please also note that you have done a '24-hour collection' and note the total volume of urine collected.