

Step 3:

Ship the specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- Plan to ship the specimen Monday – Friday overnight delivery.
- Call 1.800.GoFedEx (1.800.463.3339) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package”. Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- **Make sure the tubes are tightly closed and identified** with completed labels. Seal the tubes in the Biohazard bag.
- **Place biohazard bag (with specimens) inside kit box and place completed and signed requisition on top before closing. Do not staple or tape the box.**
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. *DO NOT mark or write in any other sections.*
- Put the kit box into the envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.



Improving Healthcare for Chronic Disease

Comprehensive Urine Elements Profile & Toxic Element Clearance Profile

IS-2928

Patient Urine Collection Instructions



Check Your Kit

- A - 1 Disposable plastic cup with lid
- B - 2 Blue collapsible urine collection jugs
- C - 2 Tubes for urine specimen return
- D - 1 Pipette
- E - 1 Biohazard bag and absorbent pad
- F - 1 Glove
- G - 1 Requisition (to be completed & signed)
- H - 1 Prepaid mailing envelope

- If any items are missing or expired, call Client Services at 800.522.4762 and press “1”.
- Keep the kit box for shipping your specimen to the lab.

Step 1:

Schedule & Prepare for your urine collection

- **2 Days before the test** discontinue all of the following (*unless instructed otherwise by your physician*):
 - Supplements containing creatinine, vitamin C or any mineral elements measured on this test
 - Other substances that may influence urinary element excretion of elements
 - Seafood (unless asked to continue by your healthcare provider)
 - Continue with the above food restrictions until your sample is completely collected
- Female patients should not collect urine during a menstrual period.
- **Contact FedEx and schedule to ship the specimen overnight delivery** Monday - Friday.
- **Complete the Requisition Form** with all patient and billing information. Be sure it is signed by the Patient/Responsible Party and the healthcare provider.

Step 2:

Collecting your urine specimen

Not following these instructions may affect your test results.



1

Holding the blue collection jug top and bottom, expand it to its full size.



2

Check your Requisition to determine if this is a "Random/Timed" collection or a "24-Hour" collection.

FOR 24-HOUR COLLECTION: skip the first urination after arising on the first day of the test. Collect all subsequent urinations for the next 24 hours, including your first urination of the next day.

Refrigerate jug through 24 hour collection period.



3

FOR RANDOM/TIMED COLLECTION: collect all urinations for the period specified by your healthcare provider.

Minimum volume of urine must be 120 ml or 4 oz. Refrigerate jug through collection period.

Using the cup, collect each urination and pour into the large jug. Do not rinse the cup with tap water or clean the cup with cloth or paper. Keep the lid on the cup between urinations. Recap jug.



4

Preparing the Sample

IF YOU ONLY USED ONE JUG:

- Set the jug on a level surface and **note the total volume** using the milliliter marks on the jug.
- **Write the amount of urine on the Requisition** in the space labeled Total Urine Volume.
- After tightening the lid, **invert the blue collection jug repeatedly** for 30 seconds to mix contents.



IF YOU USED TWO JUGS:

- Put on the disposable gloves and **mix the urine together** by pouring back and forth between the jugs.
- When thoroughly mixed, **note the volume of each jug** using the milliliter marks on the jugs.
- Add these amounts, then **write the total amount of urine on the Requisition** in the space labeled Total Urine Volume.
- Select either jug for step #5.



5

Use the pipette to transfer urine to **fill both tubes**. Cap the tubes securely. Discard the remaining urine, the large collection jug(s), gloves, and other kit components.



6

Write your full name, date of collection, and total urine volume in milliliters (ml) on both tubes. Place the tubes in the Biohazard bag. Refrigerate until ready to ship.



7

Complete the Requisition form, including "Total Volume" and "Date of Collection".

Consult your healthcare provider if you have any questions at any time during this test.