

# 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 tube is tightly closed.** Seal the tube in the Biohazard bag.
- **Place the Biohazard bag on top of the freezer brick** in the foam box. Secure the foam box lid with the rubber band.
- **Place the polyfoam container in the test kit box.** Place the completed and signed requisition between the foam box and the test kit box at the back of the kit box. **Do not** place requisition on top of polyfoam 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.



## Metabolic Analysis Profile

IS-1085

### Patient Collection Instructions



### Check Your Kit

- A - 1 Foam Insulator Box
- B - 1 Freezer Brick
- C - 1 Blue-top Amber tube
- D - 1 Glove
- E - 1 Rubber Band
- F - 1 Biohazard bag with absorbant pad
- G - 1 Urine collection cup
- H - 1 Pipette
- I - 1 Requisition (to be completed and signed)
- J - 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:

## Important things to know and consider

- Abnormal kidney function or use of diuretics may influence test results. This test should not be performed on individuals with kidney disorders. In addition, certain medicines may impact test results [e.g. cephalosporins (e.g. Cefoxitin), cimetidine (Tagamet), fibrates (e.g. Ciprofibrate) and trimethoprim-sulfamethoxazole (Bactrim)]. Let your physician know about your use of these medications. Do not change use of medications unless instructed to do so by your healthcare provider.
- **4 Days before the test** discontinue all of the following (unless instructed otherwise by your physician): Non-essential vitamins, minerals, amino acids, and herbal supplements taken regularly – including enhanced sports drinks, energy drinks, and vitamin waters.
- **2 days before the test:** (unless instructed otherwise by your physician) Discontinue creatine, alpha-ketoglutarate, and malic acid supplements, as well as citrate, malate, or orotate forms of minerals.
- **24 hrs before the test:** Avoid eating or drinking any products containing aspartame (Nutra-Sweet, Equal, Spoonful) and monosodium glutamate (MSG), and avoid over-consuming any single food. Otherwise, eat your usual diet. Limit fluid intake to eight 8-ounce glasses of fluid over a 24 hour period.

## Schedule & Prepare for the urine collection

- **Schedule the collection accordingly**
  - Female patients should not collect urine during a menstrual period.
  - Specimens must be received by the laboratory within 4 days of collection.
- **Contact FedEx and schedule to ship the specimen overnight delivery** Monday - Friday. *Sample MUST be stored frozen at least 2 hours before shipping.*
- **Freeze the enclosed freezer brick** a minimum of 8 hours before shipping.
- **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.

**CAUTIONS:** Do not discard tube fluid. Avoid contact of the eyes or skin with the liquid in the tubes. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest liquid. For accidental ingestion, contact your healthcare provider at once.



- 1 Write your name, time, and date of collection** on the tube using a ballpoint pen or pencil only.



- 2 After awakening for the day (after 6 to 8 hours sleep), collect your first morning urine** in the collection cup. *After filling the cup, pass any additional urine into the toilet. (Note: If you wake up to urinate during the night within six hours before your rising time, collect your urine and refrigerate it; then add that refrigerated sample to the urine you collect when you rise for the day.)*



- 3 Use the pipette to transfer urine from the collection cup into the tube until nearly full.**



- 4 Recap the tube tightly and shake the tube to mix thoroughly.**



- 5 Place the filled tube into the biohazard bag and freeze a minimum of 2 hours** prior to shipment.



- 6 Complete the Requisition, including required signatures and the date of collection.**

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