

Items Needed for Collection

URINE/PLASMA COLLECTION

- 1 – Kit Box
- 1 – Test Request Form (TRF)
- 1 – Urine Specimen Cup
- 1 – Screw Top Vial
- 1 – ACD Vacutainer (Yellow Top)

- 1 – Plastic Transfer Pipette
- 1 – Foam Tube Holder
- 2 – Clear Plastic Zip Closure Bags with Ice Packs
- 2 – Zip Closure Specimen Bags with Absorbent Pads
- 1 – FedEx Overnight Shipper Bag

If you are missing any of the needed components or have questions about the collection, please call Diagnostic Solutions Laboratory Customer Service Department at 877-485-5336.

PATIENT: FIRST MORNING URINE COLLECTION INSTRUCTIONS

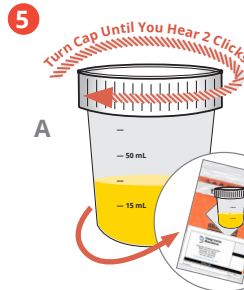
FOLLOW INSTRUCTIONS CAREFULLY – IMPROPER COLLECTION MAY INVALIDATE RESULTS OR RESULT IN A REJECTED SAMPLE

Avoid consuming fruits, jams, and jellies for 48 hours prior to collecting your sample. Please speak with your healthcare provider before discontinuing nutritional supplements or medications.

1 **NOTE:** Please review all instructions and collection kit components before starting your sample collection. **You will need to take collected urine sample with you to your appointment to ship with your blood sample.**



- A)** Prior to bed, empty your bladder and discard. **DO NOT** collect this urine specimen.
- B)** The sample you will collect is a first morning urine. *Ensure it has been at least six (6) hours since you emptied your bladder.*

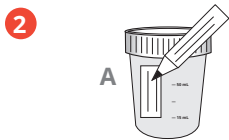


- A)** Be sure the top is properly and fully closed. Wipe any drops off the outside of the cup.

*The top is fully closed when TWO CLICKS are heard while closing the sample. If two clicks are not heard, open and re-close the sample until heard**

- B)** Place sample into zip closure specimen bag and seal carefully.

** The sample must be fully closed and sealed. Samples that have leaked in the specimen bag will be rejected upon arrival at the laboratory.*

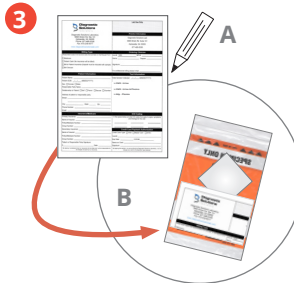


- A)** Write the patient name, date of birth, and date of collection on the specimen cup label with permanent marker pen.



- A)** Place zip closure specimen bag with all contents into the freezer and keep it cool until your blood draw appointment.

If you cannot get blood drawn on the day of collection, keep the collected urine sample in the freezer until you are able to do so. Remember to take sample with you when you go for your blood draw.



- A)** Complete all sections of the Test Request Form, including date of collection and payment type.

- B)** Place completed Test Request Form into the document holder on the specimen bag.

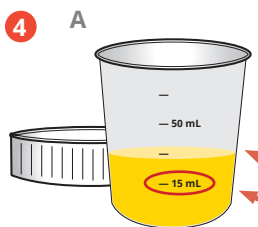


On Day of Blood Draw:

- A)** Place the specimen bag (including the urine sample, instruction sheet, and completed TRF) inside the kit box.

- B)** Take the complete kit to your blood draw appointment and deliver it to your provider.

Keep urine sample cool and away from heat sources or direct sunlight. Do not allow sample to sit in a hot car for extended periods of time.



- A)** Upon waking in the morning, remove the top of the specimen cup and set it aside safely for reuse, then urinate directly into the cup.
- DO NOT** fill the cup more than 50 mL.
- ENSURE** there is at least 15 mL of urine.

INSTRUCTIONS FOR PHLEBOTOMIST ON REVERSE SIDE

Patient: Take the complete kit (including cooled/frozen urine sample and instructions) to your blood draw appointment. Do not discard these instructions.



If you are missing any of the needed components or have questions about the collection, please call Diagnostic Solutions Laboratory Customer Service Department at 877-485-5336.



PHLEBOTOMIST: PLASMA COLLECTION INSTRUCTIONS

FREEZE URINE SAMPLE PROVIDED BY PATIENT AND SHIP TOGETHER WITH FROZEN PLASMA SAMPLE. FOLLOW INSTRUCTIONS CAREFULLY - IMPROPER COLLECTION MAY INVALIDATE RESULTS OR RESULT IN A REJECTED SAMPLE.

1 **NOTE:** Please review all instructions and collection kit components before starting your sample collection. *Patient must have fasted for the past eight (8) hours. Sample must only be shipped Monday to Thursday by overnight service. Samples not shipped on the same day as collection must have the plasma immediately frozen until shipment.*

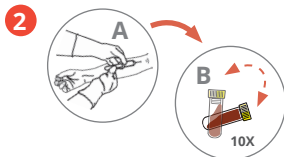


A) Write the patient name, and date of birth on the screw top vial label with permanent marker pen.



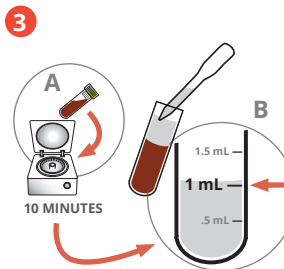
B) Complete all sections of the Test Request Form, including date of collection, payment type, and confirmation of fasting.

Place completed Test Request Form into the document holder of the specimen bag.



A) Perform blood draw into yellow top vacutainer.

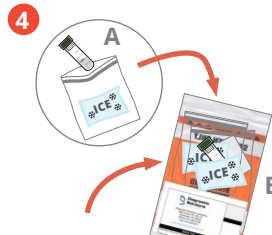
B) Gently mix by inversion 10 times. Do not shake.



A) Centrifuge vacutainer at 1,000 xg for 10 minutes at room temperature (20-25°C).*

B) Transfer at least 1 mL of plasma into the screw top vial. Take care not to collect the buffy coat or RBC fractions with the plasma by collecting only the upper portion of the plasma fraction.

* Plasma MUST be removed from the vacutainer within 2 hours after collection. Hemolyzed samples will be rejected upon arrival at the lab.



* Ensure that plasma sample is sandwiched between the two ice packs before freezing and shipping.

A) Secure cap on screw top vial and place into clear zip closure bag containing ice pack and seal. **DO NOT USE FOAM TUBE HOLDER** — this is only to be used when a sample cannot be centrifuged.*

B) Insert bag (A) into unused zip closure specimen bag with plasma tube positioned between the two ice packs* during sample freezing and shipping, and seal carefully.



A) Place both zip closure specimen bags into a freezer.

B) Allow urine, plasma, and ice packs to freeze completely for a minimum of 2 hours.



On Day of Shipping:

A) Place both frozen specimen bags (including the plasma sample, ice packs, urine sample, and completed TRF) inside the kit box.

B) Place the kit box in the supplied FedEx overnight shipper bag and ship to Diagnostic Solutions Laboratory for testing. Make note of your tracking number.*

* If you cannot ship the specimen on the day of collection, keep the collected plasma and urine samples in the freezer until you are able to ship the next day.

‡ **IMPORTANT:** If whole blood cannot be immediately centrifuged for plasma collection, contact customer service for alternate instructions.

Samples can only be shipped Monday to Thursday by overnight service.

SHIPPING INSTRUCTIONS: Call FedEx at 1-800-463-3339 to Schedule Your Free Pickup

1. When the automated greeting begins say, "Schedule a pickup."
2. When asked if your label has the word "Stamp" on it, say, "Yes."
3. Your tracking number can be found on the Return Label.