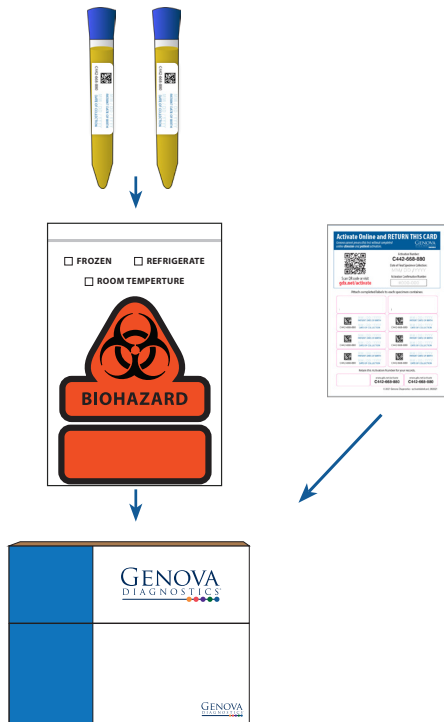


STEP 3

Return Collection Pack

1. Confirm that the tubes have a **completed label attached** with **date of birth** and the **date of collection**. Place the biohazard bag containing the refrigerated **urine tubes** inside the **box**.
2. Retain a copy of the **activation number** for future reference **using one of the three labels provided on the bottom of the activation label card**.
3. Visit **gdx.net/mygdx** to enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card**. Place the **activation card inside** the box.
4. **Close the cardboard box** and **place** inside the **FedEx shipping bag**. Follow the shipping instructions provided.



Additional resources are available online.
Visit **gdx.net/activate** and enter your activation number.

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Patient Guide



**Comprehensive Urine
Elements Profile #3527***

**Toxic Element Clearance
Profile #3529***



Abnormal kidney function or use of diuretics may influence test results.



Do not collect if there is blood in urine, including menstrual or other blood.

* Not Available in New York

BEFORE YOU BEGIN

Activate This Test

Visit **gdx.net/activate** and enter the number found on the included activation label card.



STEP 1

Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays.

4 Days before Collection

Consult your healthcare provider about stopping medications and supplements.

STEP 2

Specimen Collection

1. **Review** instructions and test prep information at gdx.net/activate.
2. Write your **date of birth** (DOB) and the **date of collection** on the labels provided. Attach completed labels to the urine tubes.



Collect Urine

Collect all urinations for the period specified by your healthcare provider. Minimum volume of urine must be **120 ml or 4 oz.**

1. Using the cup, **collect each urination and pour into the large jug.** **Refrigerate** the jug through collection period.

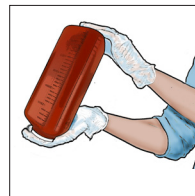
Do not rinse the cup with tap water or clean the cup with cloth or paper. Keep the lid on the cup and recap the jug between urinations.



Prepare the Sample

IF ONLY ONE JUG IS USED:

1. **Set the jug on a level surface** and **note the total volume** using the milliliter marks on the jug.
2. **Visit gdx.net/activate** and **enter the total volume of urine collected.** **This information must be entered** in order to receive your confirmation code and allow the lab to process your test.
3. After tightening the lid, **invert the orange collection jug repeatedly for 30 seconds** to mix contents. Continue with **Step 8.**



IF TWO JUGS ARE USED:

4. Put on the disposable gloves and **mix the urine together** by pouring back and forth between the two jugs.
5. When thoroughly mixed, **note the volume of each jug** using the milliliter marks on the jugs.
6. **Add these amounts**, then **visit gdx.net/activate** and **enter the total volume of urine collected.** **This information must be entered** in order to receive your confirmation code and allow the lab to process your test.
7. **Select either jug** for the next steps.
8. Use the pipette to **transfer urine** to fill both tubes. Cap the tubes securely. **Discard** the remaining urine, the large collection jugs, and gloves.
9. **Refrigerate** until ready to ship.

