



US FedEx Shipping Instructions

- 1) Ship specimens Monday through Friday. If you complete the collection on the weekend, hold the specimen until the following Monday to ship.
- 2) Place the cardboard kit box containing the specimens and the completed test requisition form into the FedEx Clinical Pak.
- 3) Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records.
- 4) To schedule a pickup, call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). When you hear the automated greeting, say "Schedule a Pick-up." At the next prompt, say "Schedule a Pick-up with a Label or Stamp." You will then be asked if the word "Stamp" is written on the waybill; reply "Yes". You will be asked if your pickup location is a residence or a business; respond with your location type. You will then be prompted for your address information.

Do not use a drop box. FedEx will not accept specimens placed into a drop box.

If you are located in the United States and choose to use a different courier or level of service than provided or are located outside the United States, you must make your own shipping arrangements at your own expense.



US & CANADA: 1.800.323.2784 - UK: 0871.218.0052
ELSEWHERE: 1.630.377.8139 - FAX: 1.630.587.7860
3755 Illinois Avenue, St. Charles, IL USA 60174-2420
inquiries@doctorsdata.com - www.doctorsdata.com

Urine Halides/Iodine/Fluoride

Before You Start:

Please read all of the directions, and familiarize yourself with the collection procedures.

The Urine Halides/Iodine/Fluoride specimen takes 24 hours or less to collect depending on your physician's instructions. If performing a 24 hour collection, the urine container holds a maximum of 4 liters. For best results, do not consume more than 3.5 liters (15 cups) of liquid during the collection period to avoid overfilling the container.

For 5 days prior to and during the collection process you should avoid taking iodine supplements (other than the loading dose prescribed by your physician), non-essential medications and products that contain iodide/iodine such as kelp, fish, and sea vegetables unless otherwise instructed by your physician. *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 containers to avoid contamination of the specimen. Use of other collection materials may result in falsely elevated results.

Verify Kit Contents:

- 1 Orange 24-hour urine collection container (not used for Random collection)
 - 1 Specimen collection cup
 - 1 Specimen vial
 - 1 Zip-lock bag with absorbent material
 - 1 Test requisition form
 - 1 FedEx Clinical Pak with Prepaid Billable Stamp
- ◆ If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.
 - ◆ Save the cardboard collection kit box to ship your samples back to the laboratory. Leave the absorbent material in the zip lock bag. Do not put it in the specimen vial.

Collection Instructions:

IMPORTANT: Your physician will tell you to either collect: a 24-hour urine specimen OR a random urine specimen (first morning void recommended). Follow the appropriate directions listed below.

24-HOUR URINE COLLECTION

- 1) When you arise empty your bladder and flush the urine down the toilet.
 - 2) If this is a loading test, take the Iodine loading dose as prescribed by your doctor. If this is not a loading test continue to step #3.
 - 3) Collect all urine for the next 24 hours up to and including the first morning urination of the following day. Collect each urination in the specimen collection cup then pour the urine into the orange collection container. Keep the orange container in a refrigerator until you are finished with your 24-hour collection.
- IMPORTANT:** If your collection reaches 4 liters of urine before 24 hours have elapsed, stop collecting your urine and proceed to step 4.

- 4) Place the orange collection container on a level surface and read the volume from the markings on the container. In the collection information section of the requisition form (located in the upper right hand corner) fill in the date you finished the collection and your height & weight. Check the box marked "24-hours" and fill in the total volume collected. The test cannot be performed without the 24-hour volume recorded on the requisition form.
- 5) If this is a loading test, check the box marked "POST (after) ingestion of Iodine". Write the number of milligrams of Iodine taken in the space indicated. If this is not a loading test continue to step #6
- 6) Mix the urine by shaking the orange container for at least 30 seconds then pour the urine into the specimen collection vial. Fill the vial up to the top of the label and then tighten the screw cap securely.
- 7) Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. The test cannot be performed without the patient information on the vial. Place the vial into the zip-lock bag, then place the bag in the cardboard shipping box.
- 8) Fill out the test requisition form completely and sign it. The test cannot be performed without a properly filled out requisition. Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment.

For best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimen on the same day you finish the collection, such as over a weekend or holiday, put the specimen into a refrigerator until you are ready to ship the test collection kit.

RANDOM COLLECTION (First morning void recommended)

- 1) Collect a single urination into the specimen collection cup (A first morning void is recommended). Pour the urine into the specimen collection vial. Fill the vial up to the top of the label and then tighten the screw cap securely.
- 2) In the collection information section of the requisition form (located in the upper right hand corner) fill in the date you finished the collection, your height & weight, and check the box marked Random and fill in the time of day you collected your sample. If this is the pre portion of a loading test, check the box marked "PRE ingestion of Iodine".
- 3) Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. The test cannot be performed without the patient information on the vial. Place the vial into the zip-lock bag, then place the bag in the cardboard shipping box.
- 4) Fill out the test requisition form completely and sign it. The test cannot be performed without a properly filled out requisition. Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment.

For best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimen on the same day you finish the collection, such as over a weekend or holiday, put the specimen into a refrigerator until you are ready to ship the test collection kit.

Consult your physician if you have any questions during the test collection process.