



US FedEx Shipping Instructions:

1) Place the cardboard kit box containing the specimen and the completed test requisition form into the FedEx Clinical Pak.

2) Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records. Affix the Billable Stamp to the Clinical Pack in the space provided.

3) Call FedEx toll free at **1-800-238-5355** to schedule your pickup. When you hear the automated greeting say "REP". You will then be asked if you are calling to ship a package; reply "YES" to be connected directly to a live FedEx representative. Tell the representative that you need a pickup for a shipment using a prepaid "BILLABLE STAMP" and give your address.

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

Doctor's Data provides prepaid shipping materials for use in shipping specimens from Canada, Ireland, United Kingdom, and the United States. If you are located outside of these countries or choose to use a different courier or level of service than provided, 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 Amino Acids

Before You Start:

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

The Urine Amino Acids analysis takes one day to collect and the specimen must be frozen for a minimum of 6 hours prior to shipment.

The test requires no special diet but if you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting this collection. Please refrain from taking non-essential medications or dietary supplements 48 hours prior to and during the specimen collection, 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.

Verify Kit Contents:

- 1 Polar Pack foam freezer brick
- 1 Styrofoam insulating sleeve
- 1 Specimen collection cup (shipped separately from box)
- 1 Specimen vial
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 FedEx Clinical Pak with Prepaid Billable Stamp
- 1 Orange 24-hour urine collection container (only included with 24 hour collection kits)

- ♦ 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 first morning void (FMV) urine specimen OR a 24-hour urine specimen . Follow the appropriate directions listed below.

FMV COLLECTION

- 1) When you arise collect your first morning urination into the specimen collection cup. Pour the urine into the specimen 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 and your height & weight. (Your height & weight is required to produce a supplement schedule.) Check the box marked "First morning void".
- 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 and the foam freezer brick into a freezer until frozen solid (usually about 6 hours).
- 4) Retrieve the bag containing the frozen specimen and the foam freezer brick. Place the frozen foam freezer brick into the bottom of the styrofoam insulation shell, then place the zip-lock bag containing the frozen specimen on top of the foam brick. Close the shell and place it into the cardboard shipping box.
- 5) 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 and freezer brick back into a freezer until you are ready to ship the test collection kit.

24-HOUR URINE COLLECTION

- 1) When you arise skip your first morning urination. Begin your collection with your second urination and collect all other urination 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 specimen collection container. Keep the orange container in a refrigerator until you are finished with your 24-hour collection.
- 2) 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. (Your height & weight is required to produce a supplement schedule.) Check the box marked "24-hours" and fill in the total volume collected.
- 3) Mix the urine by shaking the orange container for at least 30 seconds then pour the urine into the specimen vial. Fill the vial up to the top of the label and then tighten the screw cap securely.
- 4) 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 and the foam freezer brick into a freezer until frozen solid (usually about 6 hours).
- 5) Retrieve the bag containing the frozen specimen and the foam freezer brick. Place the frozen foam freezer brick into the bottom of the styrofoam insulation shell, then place the zip-lock bag containing the frozen specimen on top of the foam brick. Close the shell and place it into the cardboard shipping box.
- 6) 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 and freezer brick back into a freezer until you are ready to ship the test collection kit.

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