



URINARY AMINO ACIDS (First Morning Void) Test Kit Instructions

You are about to do a Healthscope Functional Pathology test designed so that you can collect specimens in the privacy of your own home. This test requires one (1) urine specimen. Please follow the steps below in sequence and tick the checklist when you have completed your test.

Test Kit Contents

- 1x Disposable plastic cup with lid
- 1x Green top tube (with preservative)
- 1x Clear top tube
- 2x Specimen labels
- 1x Biohazard bag with absorbent pad and glove
- 1x Gel freezer pack
- 1x Flexfoil pack
- 1x Pipette (plastic dropper)
- 1x Toll Priority Consignment Note

If you do not understand the instructions or have a question regarding the contents of your test kit, please call Healthscope Functional Pathology customer service on 1300 55 44 80 between the hours of 8.30am and 5.30pm (EST).

Step 1- Preparation for the test

- Completed tests must be **returned** to Healthscope Functional Pathology **only** on a **Monday or Tuesday**. This ensures they reach the laboratory before the close of business on Friday.
- The **day before** your test is completed, phone the courier company **Toll Priority**, on **13 15 31** for a collection time (on Monday or Tuesday only). Keep a record of your consignment note number and job number (provided by Toll Priority)
- Female patients should not collect urine during menstruation

READ BEFORE TESTING

Abnormal kidney function or use of diuretics may influence test results. This test should not be performed on individuals with kidney disorders. Certain medications may also impact test results, including corticosteroids, antibiotics, amphetamines, antihistamines, cimetidine (Tagamet®) and penicillin. **Do not change use of any medications unless instructed to do so by your practitioner.**

4 days before the test

Discontinue all of the following (*unless instructed otherwise by your practitioner*): non-essential medications including acetaminophen and over-the-counter cold remedies; any vitamins, minerals, amino acids and herbal supplements taken regularly – including enhanced sports drinks, energy drinks and vitamin waters.

24 Hours before the test

Avoid eating or drinking any products containing aspartame, e.g. Nutrasweet or Equal, and monosodium glutamate (MSG). Also avoid over-consuming any single food. Otherwise, follow your usual diet. Limit fluid intake to 8 standard glasses of fluid over a 24 hour period.

Put the gel freezer pack in the freezer the night before the test

Step 2- Urine Specimen Collection

- Using a ball point pen write your name, date of birth and date of collection on the urine specimen labels
- Take the **plastic cup** and collect a urine specimen from the **first morning void** (ie. the first time you urinate that morning)
- Pipette urine into the clear top tube to reach the 5ml mark. Screw top on the tube tightly. Then pipette urine into the green top tube to reach the 12ml mark. Screw the top on the tube to avoid leakage and shake to mix thoroughly. Apply specimen labels
- **Immediately place the filled tubes into the biohazard bag and freeze for minimum 2 hours**
- Discard the remaining urine from the cup, the cup, the pipette and the glove
- Put your Practitioner Request Form in the sealed section of the biohazard bag

Step 3 - Returning the specimens to Healthscope Functional Pathology

- Telephone Toll priority on 13 15 31 the day before you complete the test
- Toll Priority will pick up from your home or office (during business hours). Book a pick up for a Monday or Tuesday so that your specimens are returned to Healthscope Functional Pathology by Friday
- Place the **biohazard bag, with the urine specimen and Practitioner Request Form** into the **Flexifoil bag**, along with the **Gel Freezer pack**, and seal using the adhesive strip. Put the Flexifoil bag back into the **white cardboard box**. Close the box.
- Print your name, address and daytime phone number in the address section on the consignment note. Sign the consignment note in the bottom right hand corner.
- Peel the backing paper off the consignment note. Stick the consignment note onto the top and side of the Healthscope Functional Pathology white cardboard box so that the box is sealed (tamper proof)
- Remember the collection day can only be a Monday or Tuesday
- Note: You do not have to pay Toll Priority for this service

Step 4 - Payment

All Healthscope Functional Pathology tests must be pre paid when ordered. A packaging and postage fee applies per order

- If you have not already paid for this test, payment must be made by attaching a cheque or money order, or enclose credit card details from Visa or Mastercard on the Practitioner Request Form
- Enclose your payment and practitioner request form in the prepaid envelope

CHECKLIST:

Tick each of the following to ensure you have completed this test correctly

- Freeze Gel Freezer Pack the night before collection
- Collect urine specimen as per instructions
- Write your name, date of birth and date of collection on the label of the urine specimen tubes
- Place the urine specimens in the sealed section of the Biohazard Bag
- Freeze urine for minimum 2 hours before sending
- Ensure your contact details are on the **Practitioner Request Form**

- o Return specimens to Healthscope Functional Pathology via Toll Priority on a Monday or Tuesday only

Test results will be sent directly to your practitioner. Healthscope Functional Pathology thanks you for taking the time to complete this test carefully.