



COMPREHENSIVE URINE ELEMENTS PROFILE 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 1x 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
- 2x Tubes with blue caps for urine specimen return
- 1x Pipette (plastic dropper)
- 1x Biohazard bag with absorbent pad and glove
- 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
- Female patients should not collect urine during menstruation

Two days before the Test

- Discontinue all vitamins, mineral and herbal supplements unless instructed otherwise by your practitioner

One Day before the Test

- Avoid fruit juice, beer, tea and seafood

Note: If you are taking any medication do not stop unless instructed otherwise by your practitioner.

Step 2- Urine Specimen Collection

- Using a ball point pen, write name and date of birth on both blue capped specimen tubes
- Take the **plastic cup** and collect a urine specimen from the **first morning void** (ie. the first time you urinate that morning)
- Using the pipette, transfer urine to **fill** the blue capped specimen tubes. Screw the top on the tube to avoid leakage
- Discard the remaining urine from the cup, the pipette and the glove
- Put your **Practitioner Request Form** in the unsealed section of the biohazard bag
- **Freeze until ready for pick up**

Step 3 - Returning the specimens to Healthscope Functional Pathology

- Urine integrity is maintained at room temperature during delivery to Healthscope Functional Pathology
- Telephone Toll priority on 13 15 31 the day before you require a pick up
- 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 close of business on Friday
- Place the **biohazard bag, with the urine specimens and Practitioner Request Form** 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
- Urine integrity is maintained at room temperature during delivery to Healthscope Functional Pathology
- 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

- 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
- Ensure your contact details are on the **Practitioner Request Form** enclosed in the unsealed section of the Biohazard bag
- Return specimens to Healthscope 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.

Frequently Asked Questions (FAQs)

- **What if I have completed my test on a Wednesday- Sunday?** You can store the specimen in the fridge until ready for sending
- **What if I forget to collect my first morning void?** You will need to wait until the following day
- **What if I am taking vitamin and/or mineral and herbal supplements**
Stop taking all supplements two days prior to completing the test, unless instructed otherwise by your practitioner
- **What if I am taking medications?** Continue to take medications unless otherwise directed by your practitioner
- **If I have to get up during the night to urinate, would this be my first morning void?** No, you need to collect urine from the first time you urinate after getting up to start your day