



OPTIMAL NUTRITION EVALUATION (ONE) Test Kit Instructions

You are about to do A Healthscope Functional Pathology Optimal Nutrition Evaluation (ONE) test, designed so that you can collect specimens in the privacy of your own home. This test requires four (4) urine specimens.

Please follow the steps below in sequence, and then tick the checklist below when you have completed your test. The test kit instructions contain all the information you need to successfully complete this test.

Test Kit Contents

- 1 Foam Insulator box with 1 freezer brick
- 1 blue top tube with preservative
- 1 green top tube with preservative
- 2 clear top tubes
- 1 pipette
- 1 plastic urine collection dish
- 1 biohazard bag with absorbent pad
- 4 collection labels
- 1 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 (AEST).

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)
- In order for the test results to be representative, the patient's kidney function must be normal. Unusual fluid intakes or use of diuretics may influence test results, therefore maintain normal fluid intake whilst collecting specimen
- 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 medication 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.

2 Days before the Test

(*Unless instructed otherwise by your practitioner*) Discontinue creatine, alpha-ketoglutarate and malic acid supplements; as well as citrate, malate or orotate forms of minerals.

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.

Freezer brick must be frozen a minimum of 8 hours prior to sending to Healthscope Functional Pathology (the night before you plan to collect the urine specimen).

STEP 2 – URINE COLLECTION

- Using a ballpoint pen, write your **name and the date and time of collection** on each collection label
- After awakening for the day, collect your **first morning** urine into the plastic urine collection dish. If you fill the dish, pass any additional urine into the toilet. (If you wake during the night to urinate within 6 hours of your rising time, collect your urine and refrigerate it; then add it to the urine you collect in the morning).
- Open the tubes. Use the pipette to transfer urine from the collection dish into the tubes until each is nearly **full**
- Recap the urine tubes tightly, then **shake** the tubes to mix thoroughly
- Place the filled urine tubes into the biohazard bag with absorbent pad and close the bag securely. Put the **Practitioner Request Form (in the unsealed section)** of the Biohazard bag. Then put the biohazard bag in the freezer for a **minimum of two hours**.

STEP 3 – RETURNING 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 specimens and Practitioner Request Form** into the **Polyfoam container**, along with the **freezer brick**; put the lid firmly on the polyfoam container.
- 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 polyfoam container 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 for Visa or MasterCard on the Practitioner Request Form
- Enclose your payment with the practitioner request form in the unsealed section of the clear plastic specimen bag

CHECKLIST

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

- Freeze Gel Freezer Pack at least 8 hours prior to collection
- Collect urine specimen as per instructions
- Write your name, date of birth and date of collection on the label of the urine specimen labels, attach to 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**
- 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.

Frequently Asked Questions (FAQs)

- **What if I have completed my test on a Wednesday to Saturday?** Store your specimen in the freezer and organise courier collection for Monday
- **What if I forget to collect my specimen at the set time?** You will need to wait and do the test the following day
- **If I am on prescribed medication will it affect this test?** If you routinely take certain medications you should continue doing so during this test unless instructed otherwise by your practitioner