



URINE TOXIC & ESSENTIAL ELEMENTS

TESTING INSTRUCTIONS:

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

- It is recommended that you omit fish and shellfish from your diet for 72 hours prior to collecting the urine specimen.
- You should also refrain from taking non-essential medications and dietary supplements for 48 hours prior to and during the specimen collection.
- Do not discontinue prescription medications without first consulting your physician.
- Refrain from drinking more than 8 oz water in the hour before each dried urine strip collection to allow your urine to concentrate.
- Female patients should not collect urine during a menstrual period.

KIT CONTENTS:

- Urine collection cards
- Test requisition form
- Ziplock bag
- Return envelope

COLLECTION INSTRUCTIONS:

Collect both samples on the same day

Sample 1: [Upon awakening \(1st morning urination\)](#)

Sample 2: [Bedtime \(around 9 pm\)](#)



1. Remove a collection card from the Ziplock bag. Write your name, collection date and time in the space provided on the collection card.



2. Open the top flap and fold it away from the filter paper inside the collection card. It is important that filter paper is not touched. Collect sample either by directly urinating onto the filter paper until it is fully soaked, or by collecting urine in a clean cup and dipping the filter paper up to the topmost marking on the paper.



3. After saturating the filter paper with urine sample, tape it or hang dry. The filter paper should not touch anything while drying.



4. Allow to dry completely for a minimum of 4-6 hours. The top flap should be closed only after the filter paper has completely dried. Place the sample in the Ziplock bag with desiccant provided with the collection kit and store it in the refrigerator until mailed.

5. Repeat steps 1-4 for the bedtime sample collection.

MAIL THE SAMPLE:

- Make sure to complete the test requisition form and sign it before mailing it to the laboratory. Without your signature we cannot perform the test.
- Place both the urine samples and signed requisition form into the test kit box. Insert the box in the return mailing envelope and seal it properly. Place the postage and mail it to AYUMETRIX.