

Checklist (Prior to Shipping)

Includes Blood & Urine Specimens

1. Tubes

- Patient's first and last name, date of birth, gender, and date of collection are written on all the tubes
- All the tubes are capped tightly

2. Black cap glass collection container

- Patient's first and last name, date of birth, gender, and date of collection are written on the container
- The container cap is screwed on tightly.

3. Refrigerated

- 2 Gray top BD vacutainers tubes
- 2 Glass red/gray top serum separator tubes
- 1 Black cap glass collection container

4. Frozen

- 2 Ice packets

5. Test Requisition Form with Payment

- Test Requisition Form is complete - Test is marked, Patient's first and last name, date of birth, gender and date of collection are recorded.
- Personal Health Assessment Form
- Payment is included



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Toxic Effects CORE ProfileSM - Patient Urine Specimen Collection Instructions

This specimen collection kit can be used for the following test:

1765 Toxic Effects CORE Profile - Blood/Urine

Please Note: The Toxic Effects CORE requires the patient to collect urine at home. This should be done prior to the blood collection. **All specimens, urine and blood, must be shipped together.** (Blood collection instructions are explained in the Toxic Effects CORE - Blood Specimen Collection Instructions - Clinician.)

IMPORTANT:

All patient specimens require two unique identifiers *patient's name and date of birth*, as well as *date of collection*. **Patient's first and last name, date of birth, gender, and date of collection** must be recorded on the **Test Requisition Form** as well as on all tube(s), black cap glass container, and/or vial(s), using a permanent marker, or the test may not be processed.

Specimen

First Morning Urine, 12 ml, refrigerated

Collection Materials

- 1 Black cap glass collection container
- 2 Disposable gloves

Shipping Materials*

- 4 Bubble -bag tube protectors
- 1 Bubble-bag collection container protector
- 2 Absorbent pad
- 2 Ice packs
- Test Requisition Form
- Personal Health Assessment
- 2 Biohazard bags with side pocket
- Specimen collection kit box
- FedEx® Clinical Lab Pak and Billable Stamp

*International shipping may vary, please see shipping instructions for more details.

Please read all instructions carefully before you begin.

Patient Preparation

- It is best to **ship** your specimen within 48 hours of collection. Please **refer** to the enclosed shipping instructions before you collect to determine what days you can ship your specimen.
- **It is not necessary** to discontinue nutritional supplements prior to this specimen collection.
- **Decrease** fluid intake to avoid excessive dilution of the urine
 - For adults, restrict intake to three 8 oz. glasses or less for 24 hours
 - Make sure that no more than 8 oz. of this is consumed after 8:00 PM the evening prior to urine collection
- **Do not collect** urine during menstruation
- The chemicals being tested are in many products we use each day such as lotions, soaps, and detergents. **Therefore, you MUST collect the urine specimen directly into the provided glass container and follow the instructions below to avoid specimen contamination.**

Urine Collection

1. **Write** patient's **first and last name, date of birth, gender, and date of collection** on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as on black cap glass container, using a permanent marker.
 - **IMPORTANT:** To ensure accurate test results, you **MUST** provide the requested information.
2. **Freeze** the ice pack.
3. **Empty** bladder before going to bed at night. **Do not collect** this urine.
4. **Put on** disposable gloves when you awake for the day.
5. **Collect** first morning urine directly into the glass container provided in the collection kit. **Fill** the container at least 3/4 full, and **void** any excess urine into the toilet.
6. **Screw** the cap on tightly.
7. **Remove** and **dispose** of gloves appropriately.
8. **Refrigerate** the black cap glass container.

Specimen Preparation

1. **Place** the glass container into the bubble bag.
2. **Place** the protected specimen container, frozen ice pack, and absorbent pad into the biohazard bag.
3. **Staple** payment to the bottom right-hand corner of the completed Test Requisition Form and **complete** the Personal Health Assessment Form; **Fold and Place** them in the side pocket of the biohazard bag.
4. **Seal** the biohazard bag; **Place** it into the specimen collection kit box, and close the box.
5. **Bring** box to Doctors office for Blood collection.