

SPECIMEN COLLECTION

- 1: Collect your first morning urine into the 70ml screw capped container.
- 2: Assemble the yellow Urine Monovettes as per the diagram on the following pages. Collect 2 x 10mls of urine from the small 70ml container and seal the Urine Monovettes as shown.
- 3: Place the Urine Monovettes in the re-sealable section of the Specimen Transport Bag and close the bag by press-sealing the bag, removing any air pockets that may form in the bag as you seal it.
- 4: Place the Specimen Transport Bag in the freezer for 2 hours. Discard the remaining urine from the 70ml container.
- 5: After 2 hours remove the Specimen Transport Bag from the freezer and place the request slip into the open pocket of the Specimen Transport Bag.
- 6: Please complete the Specimen Transport Bag and the Urine Monovettes adhesive stickers with your date of birth, sex assigned at birth and the first three letters of your first name and surname.
- 7: Place the Specimen Transport bag into the Padded Express Post envelope and post back to NutriPATH that same day.

** Please Note**

You will need to avoid the following foods for a minimum of 12 hours. For the best results, abstaining for up to 48 hours prior to collecting the sample is recommended. (Coffee, tea, caffeinated drinks, bananas, chocolate, cocoa, citrus fruits and vanilla) You should also continue taking any prescription pharmaceuticals prior to collecting the sample, as prescribed by your healthcare practitioner.

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service Staff at customer.service@vivalab.health. The team will aim to clearly explain the procedure.

KIT CONTENTS:

Please check the contents of this kit. If items are missing OR you have any questions regarding this kit, please contact our Customer Service Staff at customer.service@vivalab.health

1 x 70ml screw cap container
2 x Urine Monovettes (Yellow)

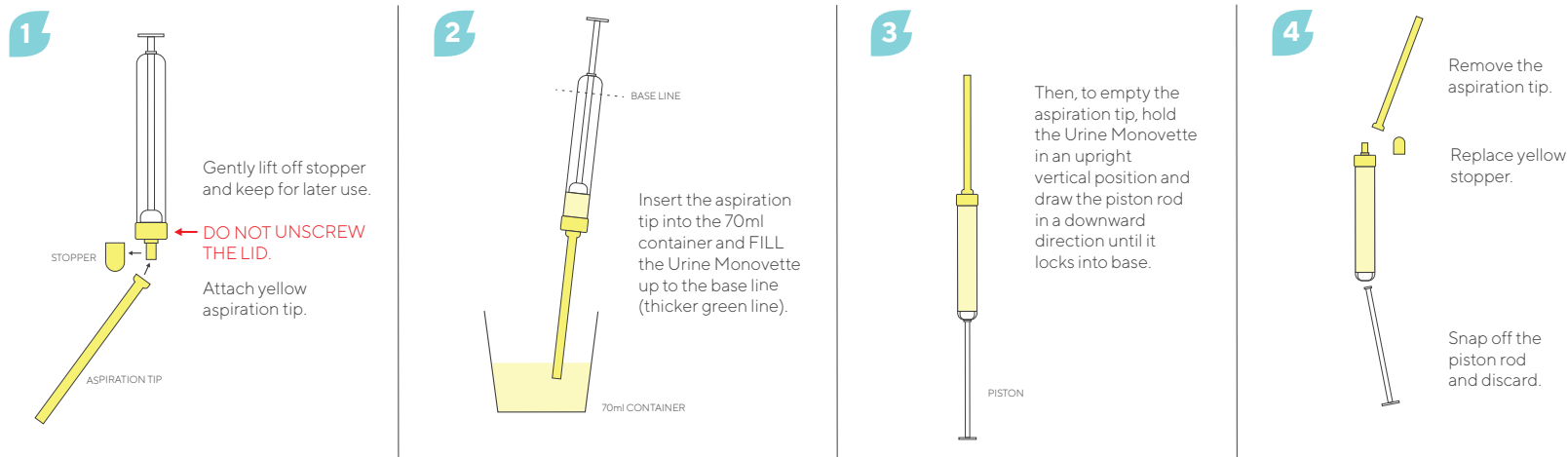
1 x Specimen Transport Bag
1 x Padded Post envelope

1 x Request Form
2 x Adhesive stickers

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URINE MONOVETTE COLLECTION INSTRUCTIONS

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- 5** Place Urine Monovette into resealable section of Specimen Transport Bag and seal.

- 6** Complete the information (the first three letters of your first name and surname) on the adhesive stickers, and attach to Urine Monovettes.

- 7** Place request form and specimen into the Padded Express Post envelope and send to NutriPATH that same day.

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