



## US FedEx Shipping Instructions

- 1) Ship specimens Monday through Friday. If you complete the collection on the weekend, hold the specimen until the following Monday to ship.
- 2) Place the cardboard kit box containing the specimens and the completed test requisition form into the FedEx Clinical Pak.
- 3) Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records.
- 4) To schedule a pickup, call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). When you hear the automated greeting, say "Schedule a Pick-up." At the next prompt, say "Schedule a Pick-up with a Label or Stamp." You will then be asked if the word "Stamp" is written on the waybill; reply "Yes". You will be asked if your pickup location is a residence or a business; respond with your location type. You will then be prompted for your address information.

**Do not use a drop box.** FedEx will not accept specimens placed into a drop box.

If you are located in the United States and choose to use a different courier or level of service than provided or are located outside the United States, you must make your own shipping arrangements at your own expense.



US & CANADA: 1.800.323.2784 - UK: 0871.218.0052  
ELSEWHERE: 1.630.377.8139 - FAX: 1.630.587.7860  
3755 Illinois Avenue, St. Charles, IL USA 60174-2420  
inquiries@doctorsdata.com - www.doctorsdata.com

## Creatinine Clearance

### Before You Start:

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

The Creatinine Clearance test requires a timed urine collection (24-hour collection preferred) and a serum collection within the same time period as the urine collection. Only use containers supplied by Doctor's Data, Inc. to avoid contamination of the specimen.

The test collection requires no special diet but you should avoid excessive exercise during the urine collection period because such activities can cause elevated test results. For 48 hours prior to and during the collection process you should not take cephalosporins and you should also refrain from taking non-essential medications or dietary supplements, unless otherwise instructed by your physician. *Never discontinue prescription medications without first consulting your physician.* Female patients should not collect urine during a menstrual period.

### Verify Kit Contents:

- 1 Orange 24-hour urine collection container
- 1 Specimen collection cup
- 1 Specimen vial
- 1 Red top serum tube
- 1 Transfer pipette
- 1 8mL serum transfer vial
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 FedEx Clinical Pak with Prepaid Billable Stamp

- ◆ If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.
- ◆ Save the cardboard collection kit box to ship your samples back to the laboratory. Leave the absorbent material in the zip-lock bag. Do not put it in the specimen vial.

### Collection Instructions:

- 1) Schedule a blood draw for the patient during the same period as the urine collection.
- 2) Collect the timed urine specimen (24-hour preferred): When you begin the urine collection, empty your bladder and flush the urine down the toilet.
- 3) Collect all urine for the time period ordered by your physician. Collect each urination in the specimen collection cup then pour the urine into the orange collection container. Keep the orange container in the refrigerator until you are finished with your collection.
- 4) Place the orange collection container on a level surface and read the volume from the markings on the container. In the collection information section of the requisition form (located in the upper right hand corner) fill in the date you finished the collection and your height & weight. Fill in the number of hours you collected the urine sample for and fill in the total volume collected.
- 5) Mix the urine by shaking the orange container for at least 30 seconds then pour the urine into the specimen vial. Fill the vial up to the top of the label and then tighten the screw cap securely.
- 6) Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. The test cannot be performed without the patient information on the vial. Place the vial into the zip-lock bag, then place the bag in the cardboard shipping box.

**7) Collect the serum sample within the same period as the urine collection:** Draw blood into the supplied red top tube. Let the blood clot for at least 15 minutes.

**8)** Centrifuge the tube to separate serum from clot.

**9)** Using the transfer pipette, pipette serum from the clot tube into the 8mL transfer vial (a minimum of 2mL is required for analysis). Discard the remaining clot tube.

**10)** Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. The test cannot be performed without the patient information on the vial. Place the vial into the zip-lock bag, then place the bag in the cardboard shipping box.

**11)** Fill out the test requisition form completely and sign it. The test cannot be performed without a properly filled out requisition. Place the completed requisition form in the cardboard shipping box. The specimens are now ready for shipment.

To obtain the best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimens on the same day you finish the collection, such as over a weekend or holiday, put the specimens into a refrigerator until you are ready to ship the test collection kit.

**Consult your physician if you have any questions during the test collection process.**