



## 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

## Urine Amino Acids

### Before You Start:

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

Urine Amino Acids are unstable at warm temperatures and must be kept cold at all times. The specimen must be frozen for a minimum of 4 hours prior to shipment and packaged with a freezer brick.

The test requires no special diet but if you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting this collection. Please refrain from taking non-essential medications or dietary supplements 48 hours prior to and during the specimen collection, 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 Polar gel ice brix
- 1 Styrofoam insulating shell
- 1 Specimen collection cup (shipped separately from box)
- 1 Specimen vial with oxalic acid powder\*
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 FedEx Clinical Pak with Prepaid Billable Stamp
- 1 Orange 24-hour urine collection container  
(only included with 24 hour collection kits)

\*Vial contains approximately 60 mg of oxalic acid. Do Not Ingest Or Inhale. Wipe spills with a wet towel. In case of contact with skin, wash with soap and plenty of water. In case of accidental contact to eye or ingestion, rinse with plenty of water. Seek medical attention if warranted.

- ◆ 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:

Follow Collection Instructions **A** or **B** as directed:

**A** - If your physician tells you to collect a first morning void.

**B** - If your physician tells you to collect a 24-hour urine sample.

### A. First Morning Void Collection

**A1)** When you wake up and get out of bed for the day, urinate into the supplied specimen collection cup. Pour the urine into the specimen vial. Fill the vial to the fill line - do not underfill. Tighten the screw cap securely and invert 5 times to mix urine with the preservative.

**A2)** Write the patient's name, birth date, and date and time of collection on the label on the tube.

**A3)** In the collection information section of the requisition form (located in the upper right hand corner) fill in the date and time the urine was collected, your height and weight, and check the box marked First Morning Collection.

**A4)** Place the vial into the zip-lock bag, then place the bag and the gel ice brix into a freezer until frozen (usually about 4-6 hours).

**Go to step #2.**

### B. 24-Hour Collection

This collection consists of collecting urine throughout a 24-hour period.

**B1)** When you wake up and get out of bed for the day, urinate into the toilet and flush the urine - do not save this urine. Begin the 24-hour collection with the second urination and collect all other urine up to and including the first morning urination of the following day. Collect each urination in the specimen collection cup, then pour the urine into the large orange 24-hour collection container. Keep the urine cold during the 24-hour period (in a refrigerator or cooler).

**B2)** After all urine has been collected, 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 test requisition form (located in the upper right hand corner) fill in the date and time you finished the collection and your height and weight. Check the box marked 24-hour Collection and fill in the total volume collected.

**B3)** Write the patient's name, birth date, date of collection and 24-hour volume on the label of the tube.

**B4)** Mix the urine by shaking the orange container. Pour the urine into the specimen vial to the fill line - do not underfill. Tighten the screw cap securely and invert 5 times to mix urine with the preservative.

**B5)** Place the vial into the zip-lock bag, then place the bag and the gel ice brix into a freezer until frozen (usually about 4-6 hours).

**Go to step #2.**

## Step 2. Complete Test Requisition and Prepare to Ship

Fill out the test requisition form completely and sign it. ***The test cannot be performed without a properly filled out requisition.*** On the day of shipment, retrieve the bag containing the frozen specimen and the gel ice brix. Place the frozen gel ice brix into the bottom of the styrofoam insulation shell, then place the zip-lock bag containing the specimen on top of the ice brix. Close the styrofoam shell and place it into the cardboard shipping box. Place the completed requisition form in the cardboard shipping box and close. The specimen is now ready for shipment.

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

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