

DRY URINE SAMPLE COLLECTION INSTRUCTIONS

Follow collection instructions carefully. Women should not collect urine during a menstrual period.

PREPARATION

• On the dry urine collection card:

Clearly print your Name, Date of Birth, Collection Date, and other details as requested.



• On the Test Requisition Form

Clearly print your Name, Date of Birth, Gender, Collection Date and other details as requested. Do not forget to sign the form.

To avoid rejections, follow these points:

- Missing or incomplete test request information will delay processing and extend turn-around time.
- Nicknames or abbreviated names are not acceptable.
- Person's name on the Test Requisition and the collection card must match exactly.

Packaging when done:

- Place the DRIED Collection card into the resealable bag and seal tightly.
- Place resealable bag and the Test Requisition Form inside the return package provided.
- Keep sample away from heat.



COLLECTION

1. Collect **first morning urine** into any clean cup (or by directly urinating on the card)
2. Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Saturate the filter paper if directly urinating onto it. If you are collecting the urine in a clean cup, then dip the filter paper up to the top black dash line for 15 sec.



3. Take the collection card out of the cup, then allow it to drip freely.
4. Card must be allowed to dry completely after collection. See acceptable drying methods below.

Air-Drying strips for at least 12 hours.

Humid conditions may prolong this drying time.

OR

Blow-Drying strips with a hair dryer:

Select "low" setting on hair dryer; air may be warm but NOT hot. Allow 1-3 inches only of distance between dryer and card. Dry both sides of card for 5 minutes per side, for a total of 10 minutes drying time.

SHIPPING

- Use the shipping supply provided in the package to return shipment.
- Ship specimen within **48-hours** after collection.
- Specimen may be safely shipped at ambient temperature.
- The Lab must receive the sample within **55 days** from the date of collection.

Organic Acid Testing - Diet Restrictions

Urinary Metabolic Profile - Food Restrictions

foods suggested to be avoided for 48 hours prior to collection

Beverages

Alcoholic Beverages
Tea
Coffee
Juice
(See vegetables /fruits list below)

Seed/ Nuts

Walnut
Pecan

Vegetables/ Fruits

Avocado
Tomato
Banana
Grapes/Raisins
Kiwi
Pineapple
Plantain
Plums/Prunes

Other

Aged and Processed Cheeses
Jello-O™
Vanilla Extract
Ketchup

Questions regarding diet & allergy are directed towards your healthcare provider.

Environmental Pollutants Testing - Food Restrictions

preservatives need to be avoided for 48 hours before collection

Sorbic Acid/Sorbate (preservative) (E200-203)

Benzoic Acid/Sodium Benzoate (preservative) (E210-213)