

Step 3:

Returning The Sample To The Laboratory

Samples must be returned to Genova Diagnostics by overnight delivery to arrive next day.

For UK mainland patients only: Genova Diagnostics recommends using the enclosed courier collection service, or alternative e.g.: Royal Mail, Special Delivery. The mailing envelope is not pre-paid.

For patients outside of the UK: please arrange an international courier such as FedEx, DHL, UPS.

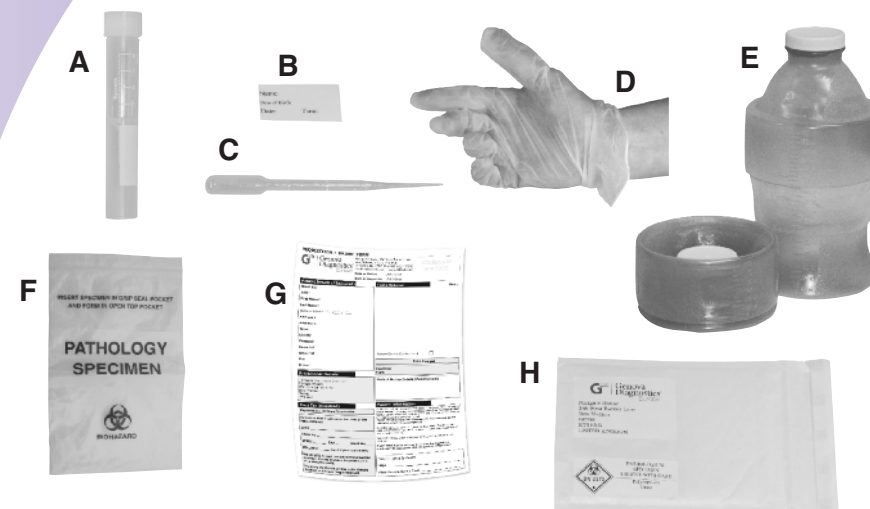
Please note: the laboratory is closed at weekends. Samples should not be in transit over the weekend; please arrange for the samples to be sent overnight and to arrive no later than Friday.

- Plan to return the samples **Monday – Thursday by overnight delivery only.**
- If samples are completed Friday-Sunday, keep them frozen until Monday and return them on Monday for Tuesday.
- Make sure the urine tube is tightly closed and identified with completed label. **Failure to complete the label correctly will result in the sample being rejected.** Seal the tube securely in the biohazard bag with absorbent paper.
- Place the biohazard bag in the mailing envelope with your completed and signed requisition form. Please ensure all information requested in red is completed.
- Seal the envelope.
- Once posting/couriering of samples has been arranged, keep any tracking numbers issued by the courier / Royal Mail for future reference.



Urine Thyroid Profile, 24 Hour

Patient Urine Collection Instructions



Check Your Kit

- A - 1 Urine sample tube
- B - 1 Label
- C - 1 Pipette
- D - 1 Glove
- E - 2 Blue collapsible urine collection jugs with Ascorbic Acid preservative
- F - 1 Biohazard bag and absorbent paper
- G - 1 Requisition (to be completed and signed)
- H - 1 Mailing envelope

- If any of the items are missing or expired, call the laboratory on 020 8336 7750.
- The appearance of the above kit components are for illustration use only and actual contents may vary slightly from that shown.

Step 1:

Important things to know and consider

- Abnormal kidney function or use of diuretics may influence test results. This test should not be performed on individuals with kidney disorders. In addition, certain medicines may impact test results [e.g. cephalosporins, cimetidine (Tagamet), fibrates (e.g. Ciprofibrate) and trimethoprim-sulfamethoxazole]. Let your practitioner know about your use of these medications. **Do not change use of medications unless instructed to do so by your healthcare provider.**

Before you begin

- You will need a container for collection of your urine samples. This could be any of the following or equivalent:
 - Disposable plastic cup
 - Plastic jug
 - Glass / ceramic jar / cup
 - Plastic bottle / container
- Please ensure the container is clean and dry prior to starting the test. Clean with hot water only, and allow to dry naturally.

Prepare for your urine collection

- Discontinue all non-essential medications and dietary supplements, unless instructed otherwise by your practitioner.
- It is essential to avoid excessive fluid intake for the duration of collection. Aim to drink no more than an average fluid intake of 1.5 litres, spread throughout this time.
- If you are experiencing a urinary tract infection, delay collection of specimen until after completing treatment.
- Female patients should not collect samples during menstruation.
- **Complete the requisition form** with the patient and payment details, and any information requested in red. Be sure it is signed by the patient / responsible party in the box labelled 'Final Sample Date / Time'.

Step 2:

Urine Collection

Not following these instructions may affect your test results.

Please note this caution: A very small amount of Ascorbic Acid is contained in the jug as a preservative. Do not discard white powder in the jug. Avoid contact with the eyes or skin with the powder in the jug. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest powder.



1 Put on glove; hold the large blue jug upright to avoid spilling the white powder preservative. Loosen cap to allow air to enter the jug. Without completely removing the cap, carefully expand it to its full size.



2 On first day, discard the first urination after rising. Collect all subsequent urinations for the next 24 hours, including your first urination of the next day.



3 Using your collection container, collect each urination and pour into the large jug (with powder preservative). Do not rinse the container with tap water or clean it with cloth or paper. Recap jug and mix gently. **Refrigerate the jug** (keep it cool) throughout 24 hour collection period.



4 IF YOU ONLY USED ONE JUG, screw the lid tightly on the jug. Set the jug on a level surface and note the total volume using the milliliters (ml) marks on the side of the jug. **On the requisition form, complete the information requested in red, including total urine volume.** Lab processing cannot be completed without this information. Go to step #6.



5 IF YOU USED TWO JUGS, put on the disposable glove and mix the urine together by pouring back and forth between the jugs. Be very careful not to spill urine. When thoroughly mixed, fill jug #1 up to the 1700-ml mark. Set jug #2 on a level surface and note the volume using the milliliter marks on the side of the jug. Add together the amount in jug #1 (1700-ml) and the amount in jug #2. **On the requisition form, complete the information requested in red, including total urine volume.** Lab processing cannot be completed without this information. Go to step #6 using jug #1.



6 Tightly close the collection jug and invert repeatedly for 30 seconds to mix contents. Use the pipette to transfer urine from the jug into the urine tube until it is nearly full. Screw the top on the tube tightly. Discard the remaining urine, collection jug(s), glove and other kit components.



7 Write your full name (first and last), date of birth, time and date of collection and the total urine volume in milliliters (ml) on the label and apply to the urine tube. Place the tube in the Biohazard bag with the absorbent paper and freeze.



8 Complete the Requisition Form: Test cannot be processed without this information.

Consult your healthcare provider if you have any questions at any time during this test.