



Regenerus Laboratories Limited

**TEE-3,4,5,6**

### **Shipping and posting information:**

Because of overseas shipping requirements, we do not receive samples on Weekends or Bank Holidays.

Please ensure you post your samples to be received by us no later than Friday Noon.

Failure to do so may require the test to be rejected and needing to be repeated.

If uncertain do check our website for details. [www.regeneruslabs.com](http://www.regeneruslabs.com)

*Due to the nature of this specimen and its volume, you are not allowed to send this sample through the Royal Mail postal system. Please use the UPS service offered or another of your choice.*

*For health and safety reasons, you must use all the packaging enclosed and seal each bag correctly before returning your samples.*

*Regenerus Laboratories reserves the right to dispose of any sample received which does not meet this criteria.*

### **Returning your samples in the UK via UPS**

Enclosed you will find a return shipping label for our UPS courier service. Should you choose to use this service then you will be charged accordingly, details of which are separately enclosed.

Within the UK, UPS offer 3000 convenient drop off locations, this service means no waiting for couriers to arrive, we suggest you visit the UPS website at [www.ups.com/dropoff](http://www.ups.com/dropoff). The UPS home /office collection service normally offer a 4 hours collection window. Please see the en

**Track the status of your shipment, copy the tracking number on your shipping label and track its progress using the UPS website.**

Regenerus Laboratories do not keep records of your tracking number.

### **Urine Elements**

#### **Before You Start:**

Please read all of the directions, and familiarize yourself with the collection procedures. The Urine Elements analysis takes 24 hours or less to collect depending on your physician's instructions.

Fish and shellfish contain relatively high levels of mercury and arsenic. Omit fish and shellfish from your diet for one week prior to collecting the urine specimen. You should also refrain from taking non-essential medications or dietary supplements and gadolinium-based contrast media (used in MRI) for 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.

**Use the provided vial and collection containers to avoid contamination of the specimen. Use of other collection materials may result in falsely elevated results.**

#### **Verify Kit Contents:**

- 1 Specimen collection cup
- 1 Specimen vial
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 Return box, blue shipping bag and courier label.

#### **For timed collections less than 24 hrs:**

- 1 clear collapsible 2 litre container

#### **For 24 hr collections:**

- 1 orange 4 litre container

If you are missing kit components, please call Regenerus Laboratories Customer Service department for assistance.

**Telephone : 0333 9000 979**

**Email: [info@regeneruslabs.com](mailto:info@regeneruslabs.com)**

**[www.regeneruslabs.com](http://www.regeneruslabs.com)**

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

**A-** If your physician tells you to collect your urine for a time period less than 24 hours in duration.

**B-** if your physician tells you to collect a “first morning void” (FMV) or random urine sample.

**C-** if your physician tells you to collect a 24-hour urine sample.

**To open the collapsible container, loosen but don't remove the cap, grasp both ends, and pull open.**



**A1) TIMED URINE COLLECTION (less than 24 hours)**

Empty your bladder before the collection period begins. Collect all urine up to and including the last urination of the prescribed time period. Collect each urination in the specimen collection cup then pour the urine into the clear collection container. Keep the container in a refrigerator until you are finished with your collection. *Note: the time starts from the first collected sample.*

**A2)** In the collection information section of the requisition form (located in the upper right hand corner) fill in the date you finished the collection, your height & weight, and check the box marked Timed and fill in the number of hours you collected your sample. If the sample was part of a provocation, check either pre or post.

**A3)** Mix the urine by shaking the clear 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. **Go to step #2.**

**B1) FMV/RANDOM COLLECTION**

Collect a single urination into the specimen collection cup. Pour the urine into the specimen vial. Fill the vial up to the top of the label and then tighten the screw cap securely.

**B2)** In the collection information section of the requisition form (located in the upper right hand corner) fill in the date you finished the collection, your height & weight, and tick the box marked Random and fill in the time of day you collected your sample. If the sample was part of a provocation, check either pre or post. **Go to step #2.**

**C1) 24-HOUR URINE COLLECTION**

When you arise skip your first morning urination. Begin your collection with your second urination and collect all 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 orange collection container. Keep the orange container in a refrigerator until you are finished with your 24-hour collection.

**C2)** 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. Tick the box marked 24hours and fill in the total volume collected.

**C3)** 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. **Go to step #2.**

**2)** 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 return box.

**3)** 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 return box. Place in blue shipping bag, seal and label.

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, refrigerate the specimen until you are ready to ship the test collection kit.

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