

General Guidelines

Please read all of these instructions and familiarize yourself with the collection instructions on the reverse side before you begin.

- Write your name, date of birth, and date of collection on the syringe vial label. **The test cannot be performed without this information on the syringe vial.**
- Fill out the test requisition form completely. **The test cannot be performed without the completed requisition form.**
- Please note: Ship your specimens as soon as possible. If you are unable to ship your specimen on the same day you finish the collection, refrigerate your specimen until the first opportunity you have to ship it, preferably within 3 days.

48 hours prior to collection:

- Omit fish and shellfish from your diet. Continue with these food restrictions until you complete the test.
- Do not take dietary supplements and non-essential medications, unless otherwise instructed by your healthcare provider.
- Female patients should not collect urine during a menstrual period.



Frequently Asked Questions

1. I am taking a certain medication or supplement. Do I need to discontinue these before and during the test?

If you have questions about discontinuing use of any medication or supplement, consult your healthcare provider.

2. How long does it take to process the test?

On average, 5-7 business days from the day it is received.

3. How much is the test and how can I pay?

You have several options for payment. If you want to pay DiagnosTechs directly, contact your healthcare practitioner for the cost of the kit, and include payment in the shipping box.

4. I am a resident of New York State. Can I do testing through your lab?

No. New York State has additional licensing requirements that we have chosen not to pursue at this time.

5. Can you send me an itemized statement?

If you send payment to us directly, we will automatically send you an itemized insurance statement. If you paid your healthcare practitioner, please contact him or her for a statement.

Call 1-800-878-3787 with any additional questions.

Shipping Instructions

Complete the patient portions of the test requisition form. **The test cannot be performed without the completed requisition form.**

- Write your name, date of birth, and date of collection on the syringe vial label. **The test cannot be performed without this information on the syringe vial.**
- Write your name and address on top of shipping box.
- Ship samples within three (3) days of collection. Keep refrigerated until shipment.
- Include your check or credit card information, or a copy of your Medicare or insurance card, if applicable. **Do not send cash.**
- Place the syringe vial, requisition form, and payment in the shipping box.

■ **US Domestic:** Tuck front flap into box and seal with UPS mailing label (included in box). Place label within dashed lines and adhere over front edge. Send from your most convenient UPS location. Replacement and expedited UPS labels are available on our website: **www.diagnotechs.com/return-a-kit**



■ **International:** Delivery charges do apply. Seal box with clear tape. International deliveries should be addressed to the physical address only (see address provided below). Deliveries can be made Monday through Friday via a private courier of your choice. Discounted return UPS labels are available on our website at: **www.diagnotechs.com/return-a-kit**

Diagnos-Techs, Inc.
Sample Processing
840 S. 333rd Street
Federal Way, WA 98003

Usage and Contents

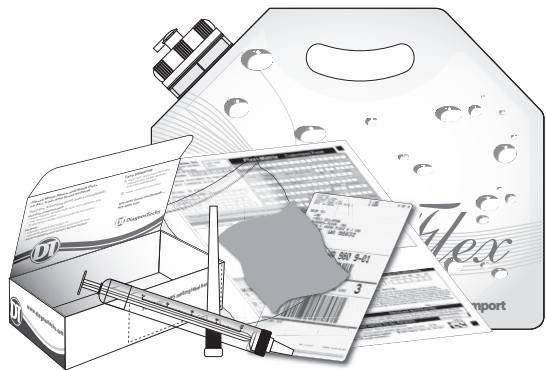
Use this collection kit for the following:

Panels & Tests

- Timed Urine Metals & Elements

Contents

- 1 Large urine collection bag
- 1 Urine collection bag funnel
- 1 Urine syringe assembly
- 1 Urine collection cup
- Orange absorbent shipping pad
- Resealable bag
- Requisition form
- Preprinted shipping label (U.S. only)



TME

Timed Urine Metals & Elements Panel

Timed Urine Collection Instructions
for use with urine syringe and collection bag

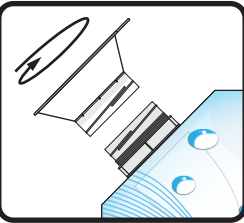
 **DiagnosTechs™**
CLINICAL & RESEARCH LABORATORY

Part 1: Urine Collection

- Before you take the test, read all instructions.
- Wash hands prior to handling collection containers
- Put all parts of the kit where you are taking the test.

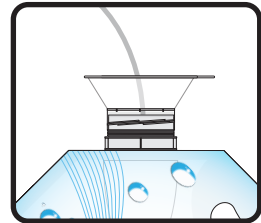


1. Collect all urine within the time period your healthcare provider recommends.
2. Remove the lid of the UriFlex Collection Bag. Replace the lid with the enclosed funnel. Do not expand the bag, it will expand on its own as it is filled with urine.

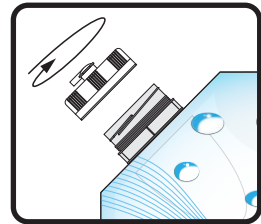


Step 2

3. Collect all urine through the funnel, directly into the UriFlex Collection Bag.
4. After each collection, replace the funnel with the lid and store the funnel in the small plastic bag. **DO NOT** rinse or wipe the funnel between uses.
5. Store bag in a convenient cool, dry place between sample collections.
6. When the prescribed time period is completed, replace the lid tightly on the UriFlex Collection Bag.



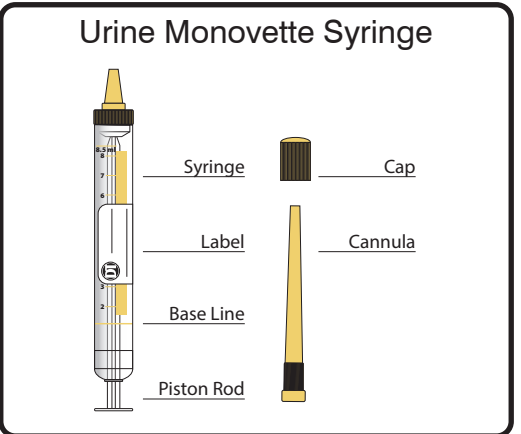
Step 3



Step 4

Once urine collection is complete, move immediately to Part 2 of the instructions.

Part 2: Sample Collection



7. Write your name, date of birth, and today's date on the syringe label.

8. Remove the cap from the syringe and keep it nearby.

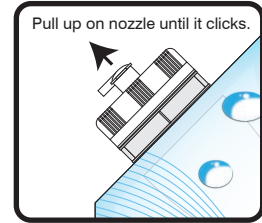
9. Attach the plastic cannula (the straw) to syringe in place of cap.

10. Mix the collected urine by shaking the UriFlex Collection Bag.

11. Pull straight up on the spout in the top of the lid.

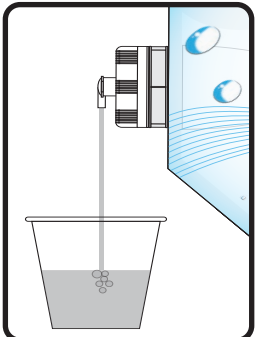


Step 10

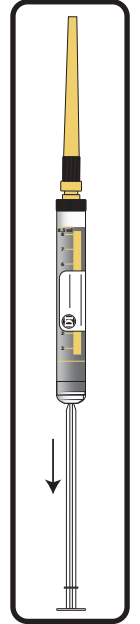


Step 11

12. Pour the urine into the collection cup until it is half full.
13. Insert the cannula end of the syringe into the collection cup.
14. Draw urine up into the syringe through the piston to the solid yellow line on the syringe.

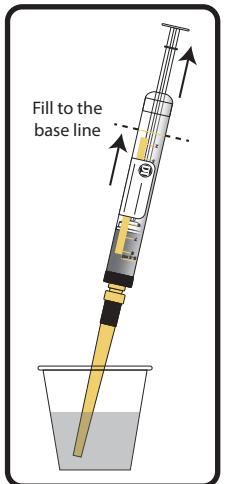


Step 12



Step 16-17

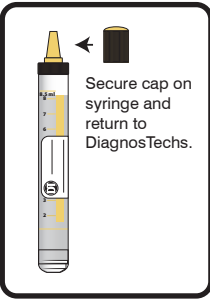
15. Be sure to stop filling at the base line to prevent spilling.
16. Hold syringe with cannula pointing upward.
17. Pull the piston rod down until it stops and cannula is empty.



Step 13-15

18. Be prepared: There may be a few drops of urine left in cannula.

19. Remove the cannula carefully, and replace the cap on the syringe.
20. Snap off the piston rod. This is perfectly safe and easy.
21. Discard the collection bag, cannula, piston rod and collection cup.
22. Wrap the orange shipping pad around the syringe and place the wrapped syringe in the reusable bag.

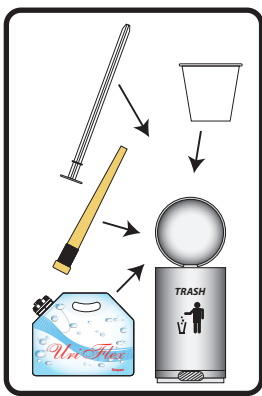


Step 19



Step 20

23. Refrigerate the shipping bag until you are ready to ship. Ship the resealable bag in the DiagnosTechs box within 3 days of collection.



Step 21