

# Organic Acids & Environmental Pollutants

BTL003

Read all instructions carefully before beginning.

**Important information**

- + Samples must only be collected and shipped on Monday, Tuesday or Wednesday.
- + The sample must be shipped within 24 hours of collection

**Kit contents**

- + 1 test requisition form
- + 1 urine collection strip
- + 1 urine collection cup
- + 1 addressed mailing bag

**Patient preparation**

- + Do not collect the sample during menstruation.
- + Do not collect the sample during a urinary tract infection.

**Procedures, medications, and supplements:**

Invivo do not recommend any changes to prescribed or regular medications / supplements without seeking advice from a suitably qualified medical professional. However, some medications / supplements are known to have an impact on the test results. Please consult your healthcare provider or contact Invivo to discuss any regular medications or supplements.

**Restrictive preparation diet**

48 hours prior to collection, **do not** consume the following foods:

**Beverages:**

- |           |  |
|-----------|--|
| 1. Tea    | 3. Alcoholic drinks                                  |
| 2. Coffee | 4. Juice from the list of fruits or vegetables below |

**Fruits & vegetables:**

- |            |                     |
|------------|---------------------|
| 1. Avocado | 5. Grapes / raisins |
| 2. Tomato  | 6. Pineapple        |
| 3. Kiwi    | 7. Plums / prunes   |
| 4. Banana  | 8. Plantain         |

**Seeds & nuts:**

- |            |           |
|------------|-----------|
| 1. Walnuts | 2. Pecans |
|------------|-----------|

**Other:**

- |            |                               |
|------------|-------------------------------|
| 1. Ketchup | 3. Vanilla extract            |
| 2. Jelly   | 4. Aged and processed cheeses |

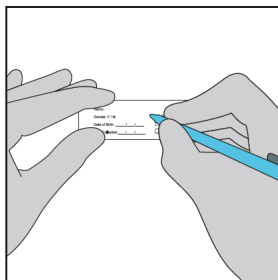
**Preservatives within foods:**

- |  |  |
|--|--|
| 1. Sorbic Acid/Sorbate (preservative E200-203) | 2. Benzoic Acid/Sodium Benzoate (preservative E 210-213) |
|--|--|

- + 12 hours prior to collection, avoid excessive water intake.
- + On the morning of collection, do not consume food or drink until you have completed the test.

## Sample collection

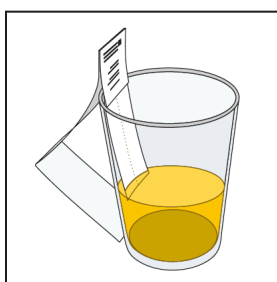
### Timeline:



1. Clearly write the following details onto the urine collection strip and the test requisition form:

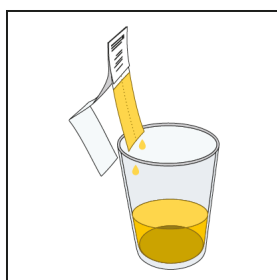
\* Take care not to touch the absorbent pad.\*

- + Full name
- + Date of birth
- + Gender
- + Collection date



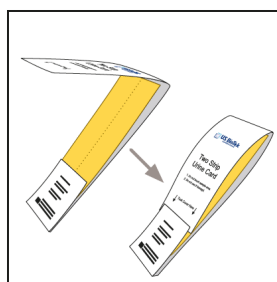
2. Collect urine into the urine collection beaker. Only collect the mid-stream of first morning urine before consuming any food or drink. Do not collect the first portion of urine.

3. Taking care not to touch the absorbent pad, place the absorbent pad into the urine sample. Leave the pad touching the urine sample until fully saturated, or for a minimum of 15 seconds.



4. Remove the absorbent pad from the sample and allow the excess sample to drip freely into the sample collection cup.

5. The sample must be left to completely dry before shipping. The sample can be air-dried for a minimum of 12 hours; however, humidity and temperature may prolong the drying time. Alternatively, you can use a hair dryer. The dryer must be set to a low temperature setting and held at least 3 inches away from the sample. The sample must not get hot.



6. Once completely dried, place the protective cover over the absorbent portion of the urine strip and tuck securely.

7. Place the dried and labelled strip into the paper envelope and seal tightly.

8. Place the paper envelope and completed test requisition form into the test kit box.

9. Place the test kit box into the unpaid addressed mailing bag and organise sample shipping.