



KBMO

— DIAGNOSTICS —

**WHERE SCIENCE
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URINE COLLECTION INSTRUCTIONS

STEP 1.

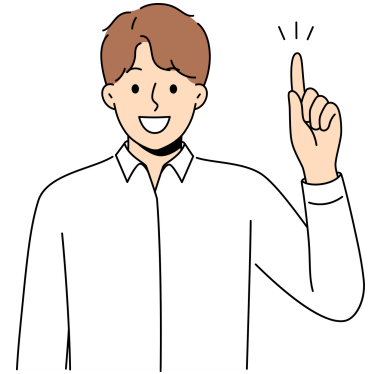
Make sure all kit components are in the box

- Test requisition form
- Urine transfer cup
- Vacuum Urine tube
- Absorbent Pad
- Biohazard Bag
- Prelabeled UPS Laboratory Pak



STEP 2.

Follow Prep Instructions if Applicable to Your Test



Dietary Restrictions:

Discontinue 48 hours before
collecting your sample:

(this includes, juices, and any dishes containing
these items)

- Apples
- Cranberries
- Grapes
- Pears
- Reishi Mushrooms or Echinacea
- Arabinogalactan or Ribose Supplements



No restrictions



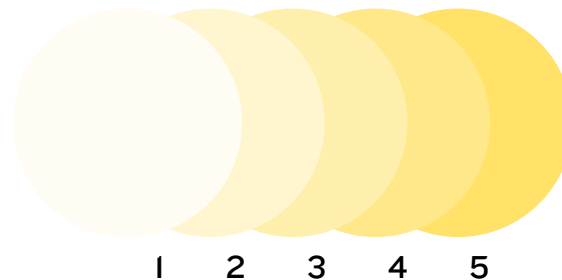
NEXT STEPS

- 1 Collect first morning urine into the urine transfer cup and transfer to tube (a,b,c)
- 2 Fill out patient's name, date of birth (DOB), and date of collection (DOC) on the label (c)
- 3 Place sample in the freezer immediately after collecting, do not ship until completely frozen

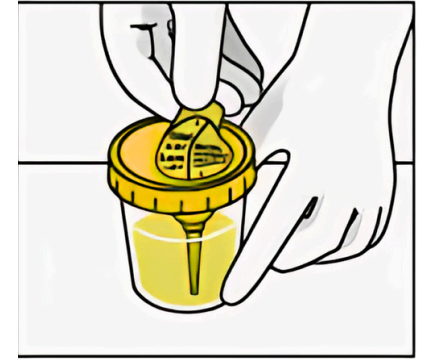
Urine must be medium to dark yellow, if you notice your urine is light colored or clear, please dispose, rinse out the collection cup, let it air out and recollect the next day.

TIP: discontinue liquids 2 hours before bed and avoid emptying your bladder in the middle of the night.

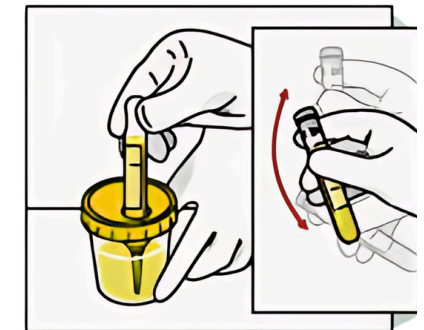
Use the chart below for reference.
Urine's color should be between 2-5



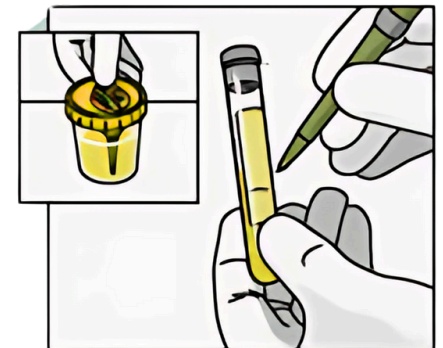
a



b

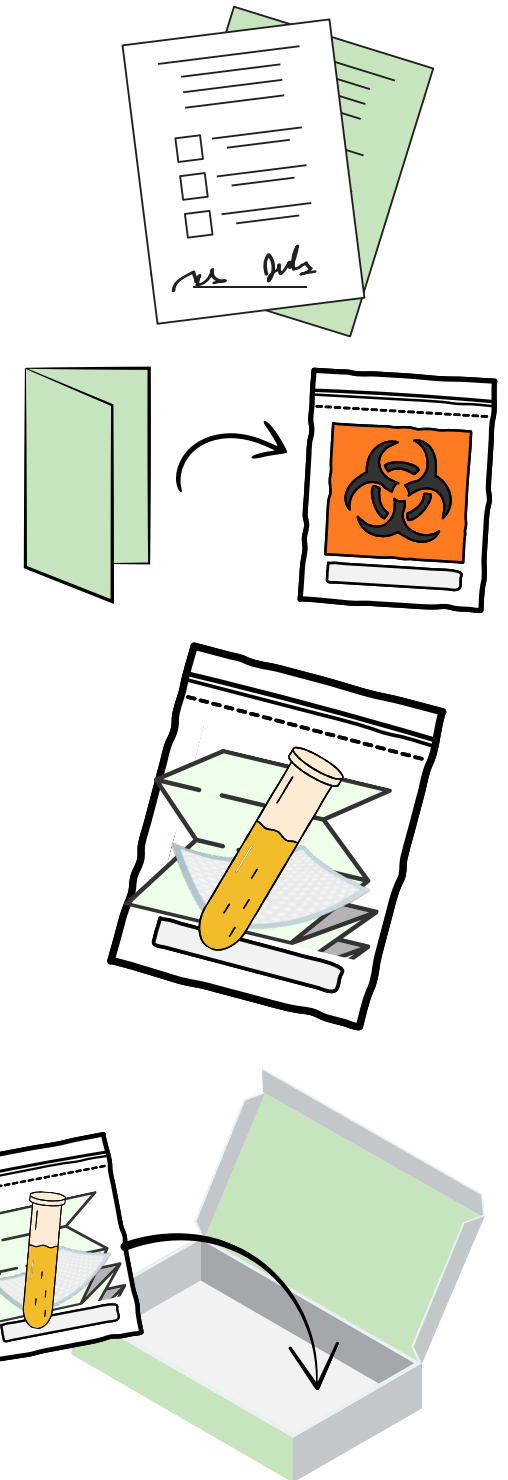


c



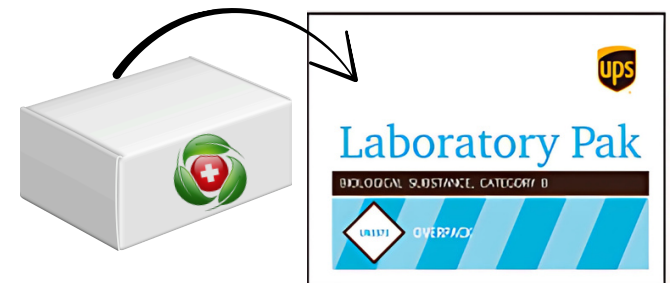
NEXT STEPS

- 4 Complete ALL highlighted parts of the test requisition form
- 5 Fold test requisition form and place in the outer pouch of the biohazard bag
- 6 Place the frozen urine sample and the absorbent pad in the biohazard bag and zip securely
- 7 Place the biohazard bag in the box your kit was shipped in



NEXT STEPS

- 8 Place the box in the UPS laboratory pak
- 9 Go to www.ups.com to search for the nearest drop-off spot
- 10 Drop your sample at any authorized UPS drop off locations



ADDITIONAL INFORMATION

- Please allow 7-10 business days for results.
- This is a test ordered by your practitioner; please request all results directly from them.
- Make sure ALL required information on the requisition form is complete to avoid delays or your sample being rejected.
- Filling out the optional questionnaire helps us better understand the needs of our clients and make improvements to our tests and services. All information will be kept confidential.





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