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Refer all questions and comments to: DHA LABORATORY

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## FAQ

1. Prescription Meds: We do not recommend stopping any prescription medications without the consent of your prescribing physician.
2. Antibiotics: Antibiotics should be discontinued for 5 days.
3. Shipping: Shipping on Thursday, Friday, Saturday or Sunday is prohibited due to specimen stability requirements. You must ship your package on Monday, Tuesday or Wednesday. If you do not follow these instructions, a repeat may be requested. Additional shipping costs may be necessary.
4. Purple Slip: The purple slip in your shipment is your personal receipt for the return shipping. It contains a tracking number which allows you to follow your package. This slip does not require any attention. It is just for your personal use.
5. Light: You do not have to collect your specimen in the dark.
6. Under/Over Fill: If you under, or over fill your specimen, please inform our team by telephone or email so we can determine if you need replacement tubes.
7. Freezing: If your specimen does not freeze in 12 hours, please contact our laboratory. Freezer settings can effect this.



DHA LABORATORY



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▶ Please read all instructions before beginning collection!  
FAQ's on back page.

### Prior to collecting:

1. Do not collect first morning urine specimen.
2. The second urination of the day is ideal, but not required.
3. A 12 hour fasting period prior to specimen collection is ideal, but not required.
4. Supplements containing vitamins or minerals should be stopped 12-24 hours prior to your urine collection. Do not avoid supplements for more than 24 hours.
5. Do not go off prescription medications unless directed by a physician.
6. Antibiotics have been known to interfere with testing and create a result that cannot be reported. For further detail, please review #1 and #2 under the FAQ's on the back of this instruction packet.
7. Kryptopyrrole is light sensitive. If you follow the instructions on the following page, you will protect the specimen from light. Do not expose your specimen to direct outdoor sun light.
8. **THIS SPECIMEN SHOULD BE FROZEN IMMEDIATELY AFTER COLLECTING. SPECIMEN IS STABLE FOR 21 DAYS WHEN FROZEN.**

### Kit Contents:

- ▶ Urine collection cup
- ▶ Large urine transport tube (contains powder)
- ▶ Small urine transport tube
- ▶ Biohazard bag
- ▶ Two ice packs
- ▶ Styrofoam shipper
- ▶ Rubber bands
- ▶ White transport box
- ▶ FedEx clinical lab pack (with prepaid return airbill)
- ▶ Laboratory order form

## Collection Instructions:

1. Completely fill out the order form.
2. Write the patient's name on both specimen tubes.
3. Urinate into paper urine collection cup.
4. **The same urine collection must be used for both tubes.**  
Slowly pour urine into each specimen tube up to the black line.
5. SCREW BOTH CAPS ON TIGHTLY.
6. Shake the large tube until the powder dissolves.
7. Place both tubes in the plastic biohazard bag. Place them into your freezer until they are frozen solid.
8. To insure that your ice packs conform to the Styrofoam, place one of the **unfrozen** ice packs in the bottom of the Styrofoam container, and put this into your freezer. **Do not put the Styrofoam lid on until you are shipping.**
9. Once the urine specimens and ice pack are frozen, take the urine specimens and place them on top of the frozen ice pack.
10. Take the leftover unfrozen ice pack, and GENTLY press the unfrozen pack on top of the frozen urine specimen, so that it can conform to the package size.
11. Place this back into the freezer until the top ice pack is frozen. (Do not close your kit in the freezer. Styrofoam should remain open in your freezer)



DHA LABORATORY

## GENERAL SHIPPING INFORMATION

### Prior to shipping:

- ▶ Ship your specimens ONLY Monday, Tuesday, or Wednesday. DO NOT send your specimen Thursday, Friday, Saturday, or Sunday.
- ▶ Please take weather delays into consideration before shipping your package. Delivery delays due to inclement weather may result in your specimen not being delivered on time and rejected from testing, and shipping charges are non-refundable.
- ▶ Please do not ship your specimen so it arrives on a national holiday. DHA is closed on national holidays.

### Shipping Instructions:

1. On the shipping day, put the styrofoam top on the box so that it is tightly closed.
2. Secure the styrofoam with the rubber band found on your Fedex shipping box.
3. Slide the styrofoam container inside of the cardboard box.
4. Slide the kryptopyrrole order form under the rubber band securing your styrofoam.
5. Close the box. Secure the flap by using the double sided tape.
6. Put the cardboard box inside of the clinical lab pack.
7. You can drop your package off at a convenient FedEx location, or FedEx drop box. To locate drop off locations, you can go to [www.fedex.com](http://www.fedex.com). **MAKE SURE YOU ARE SHIPPING BEFORE THE LAST PICK UP OF THE DAY.**