

Shipping Preparation

When to schedule your shipment

- Ship your sample as soon as possible. Preferably within 48 hours of collection.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed.
 - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the box containing your samples into the return shipping bag and ship (see Shipping Instruction).



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Kryptopyrroles and

HPU 24 Hour Urine

ENG

Welcome To Your Test Kit

You have chosen to do a Kryptopyrroles and HPU 24 Hour Urine Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit, you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email info@nordic-labs.com.

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Personal Information Form
- 1 x Padded envelope
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**these are only included if you are shipping from a non-EU country**)

Collection Materials

- 2 x White-capped transparent plastic tubes containing a preservative powder (10 ml)
- 1 x Orange collection container with ascorbic acid
- 1 x Specimen collection cup (inside orange collection container)
- 1 x Plastic tube holder
- 1 x Bio-hazard bag
- 2 x Pipettes

If any items are missing or expired, please call +44 (0)1580 201687 or email testkits@nordicgroup.eu

Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

Preparation

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

Prior to collection

- Limit your fluid intake (i.e. water) to no more than 1500ml the day before and on the day you collect your urine. Preferably do NOT drink alcohol the day before and day of collection.
- You may eat as usual unless informed otherwise by your practitioner.

When to schedule your collection

- You will need to do two urine collections for this test – first thing in the morning on the first day and over the course of a 24-hour period on the second day.

If you are taking any supplements

- Seven days before starting the test you MUST stop taking Vitamin B6, Pyridoxal-5-Phosphat P5P), multivitamins- and iron supplements. Zinc supplements with 50 mg or more zinc per day must also be discontinued. Ferritin and natural iron-containing plant products such as turmeric leaf or curry leaf may be taken during collection.
- Never discontinue any medication or supplements without first consulting your practitioner.

Important notes

- Do NOT collect urine during or for four days after menstruation.
- Do NOT collect urine for 10 days after a vacation or antibiotic treatment.

Collection Procedure

First collection: morning urine sample



Step 1:

When you get up in the morning write your name, date of birth, gender and the time and date of collection on the labels of BOTH white-capped plastic tubes. Also note the date and time of the collections on the Personal Information Form.



Step 3:

Write FMV (first morning void) on this tube.



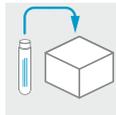
Step 4:

Discard any leftover urine.



Step 2:

Collect your first morning urine into a clean jug, cup or bowl and using a pipette transfer to the top line on ONE of the two white-capped tubes.



Step 5:

Place the tube into the supplied box. Keep the box in a dark place at room temperature (a cupboard or similar).

Second collection: 24-hour urine sample



Step 1:

You need to start your second collection with an empty bladder. Empty your bladder when you first wake up and DO NOT collect this urine. Begin with your second urination of the day.



Step 2:

Collect each urination into the specimen collection cup, then pour into the orange collection container (with the absorbic acid at the bottom). Keep the container in a refrigerator, until you have completed your collection.



Step 3:

You must collect ALL urine up to and including the first urination of the following day. **Important:** Urination during the night must also be added to the collection container.



Step 4:

When you have completed your collection, place the orange collection container on a level surface and read the total volume of urine from the markings on the container and make a note of it on the Personal Information Form.



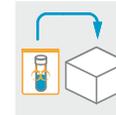
Step 5:

Mix the urine by swirling (do NOT shake) the orange collection container for at least 30 seconds, then use the pipette to fill the second white-capped tube.* Fill the tube to the mark at the top and tighten cap securely.



Step 6:

Write 24 hr on this tube.



Step 7:

Place the tube into the plastic tube holder and then into the bio-hazard bag. Place the bio-hazard bag into the box containing your other sample. Keep at room temperature until ready to ship.



Step 8:

Write 24-hour collection on the Personal Information Form and also note the date of collection along with the total volume of urine collected.

* You can pour urine from the orange collection container into collection cup first, then pipette from the collection cup into the tube if you find this easier.