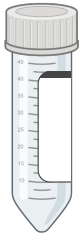
② KIT CONTENTS

Verify Kit Contents:



1 x Urine collection tube



1 x Urine collection cup



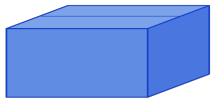
1 x Clear collection container



1 x Specimen bag with absorbent material



1 x Requisition form



1 x Return shipping box (your kit arrived in this)



1 x Shipping label



1 x Shipping bag

If you are missing any components, please call the Regenerus Laboratories customer service department on **+44 020 3750 0870** for assistance.

③ PREPARATION

Important: Do not discontinue any medications or supplements without first consulting your healthcare practitioner

Discontinue the following:

1 week before the test: Fish and shellfish, as they contain relatively high levels of mercury and arsenic.

4 days before the test: Gadolinium-based contrast media (used in MRI)

2 days before the test: Non-essential medications, dietary supplements

Female patients should avoid collecting urine during their menstrual period

Follow Collection Instructions A or B as directed:

A Timed urine collection

If your physician tells you to collect your urine for a time period less than 24 hours in duration.

B First Morning Void (FMV) or Random

If your physician tells you to collect a first morning void or random urine sample.

Please ensure you read and understand the preparation information prior to collection

Samples must be received at Regenerus Labs between Monday and Thursday, with the last dispatch day being Wednesday. To ensure timely shipping, schedule the courier collection at least 24 hours in advance.

④ COLLECTION

A Timed urine collection

Empty your bladder before the collection period begins

A1 Use the provided collection cup to collect the urine, then pour it into the clear collection container to avoid contaminating the specimen. Keep the container in the refrigerator until you have completed your collection. Note: the time starts with the first collected sample.

A2 Shake the clear container for at least 30 seconds to mix the urine. Then, pour the urine into the specimen vial, filling it to the top of the label. Tighten the screw cap securely.

Continue from step i below

B FMV or random urine collection

B1 Collect a single urination into the specimen collection cup.

B2 Pour the urine into the specimen vial, filling it to the top of the label. Tighten the screw cap securely.

Continue from step i below



i. Place the provided label to the vial and ensure the collection date is clearly indicated. If vial labels are not provided write patient's full name, date of birth and collection date on the specimen vial. Be sure that the information is legible. Ensure the name matches what was provided on the requisition form.

ii. In the collection information section of the requisition form, fill in the date you finished the collection, your height and weight, and circle the section marked 'Timed' or 'FMV/ Random.' Then, complete the remaining fields. If the sample was part of a provocation, circle either 'Pre' or 'Post.

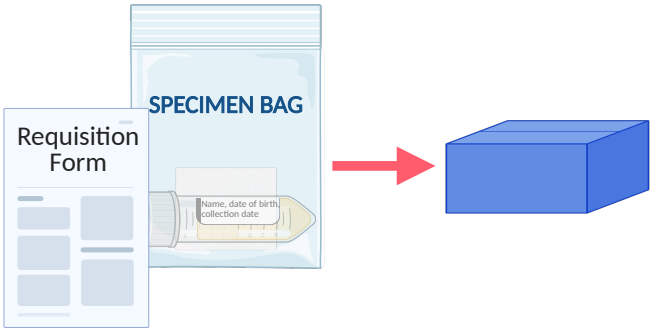


5 COLLECTION

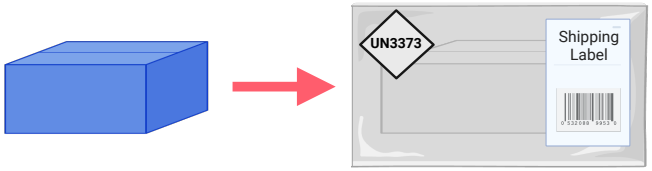
1. Place the labeled vial in the specimen bag with absorbent tissue and store the bag in refrigerator prior to shipping.



2. Retrieve the specimen bag and place it into the return box along with the completed requisition form.



3. Place the box in the appropriate return bag and apply the pre-paid return shipping label to the outside.



The test cannot be performed without a properly filled requisition form

6 PACKING & SHIPPING

Please follow the instructions on the enclosed shipping document

For health & safety reasons, you must use all packaging enclosed and seal each bag correctly before returning your sample.

Regenerus Laboratories reserves the right to dispose of any sample received which does not meet this criteria.

We do not receive samples on weekends or bank holidays. Please ensure that your samples are received by Regenerus Labs between Monday and Thursday.

Failure to do so may require the test to be rejected and needing to be repeated.

Telephone +44 020 3750 0870
Email info@regeneruslabs.com
Website www.regeneruslabs.me

regenerus labs
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URINE ELEMENTS

URINE TOXIC & ESSENTIAL ELEMENTS

URINE COLLECTION

INSTRUCTIONS

Read all instructions before collecting specimens