

# Returning your specimen to Age Diagnostic Laboratories

- Place bags 1 and 2 and the completed request form into the fedex clinical pak provided
- Send samples to Age Diagnostic Laboratories (ADL)
- If you cannot ship the specimen immediately, store the filled tube in the refrigerator.

*If you are outside of the USA return specimen as per the instructions from your local ADL agent (if applicable).*

## Results

Your healthcare practitioner can expect to receive results 7 days after Age Diagnostic Laboratories (ADL) receives the specimen.

Testing should ideally be professionally requested and interpreted. Patient requested tests however are permitted but are intended for informational purposes only.

For further information about this and other tests that are available from Age Diagnostic Laboratories (ADL) please refer to our website:

**[www.adltests.com](http://www.adltests.com)**



## Before you start

### Check the contents of the test kit

#### **BAG 1: Saliva Collection**

- 2x Caffeine tablets (100mg each)- Adult kit or 1x Caffeine tablet (100mg)- Child kit
- 2x white top tubes for saliva collection

#### **BAG 2: 10 hr Urine Collection**

- 2x Aspirin tablets (300mg each)- Adult kit or 1x Aspirin tablet (300mg each)- Child kit
- 1x Paracetamol tablet (500mg)- Adult kit or 1x Paracetamol table (250mg)- Child kit
- 1x Plastic dropper
- 1x 10 mL Plastic tube

#### **PLUS**

- 1x Disposable plastic collection tray
- 1x 4 Liter Urine collection bag
- 1x Age Diagnostic Laboratories (ADL) request form
- 1x Specimen collection instructions
- 1x Biohazard specimen transport bag
- 1x Fedex clinical pak

If items are missing or you have any questions regarding the test kit, please contact Age Diagnostic Laboratories (ADL) on 877 983 7863 or contact your local ADL agency.

*Read the enclosed instructions before proceeding.*

## Practitioner, payment and testing details

*Complete the ADL request form enclosed.*

*Be sure to complete all patient information and payment options.*

## Safety Notes

- Do not discard the fluid in the 4 Litre urine collection bag. Avoid contact of the fluid in the bag with your eyes or skin (wash area thoroughly if this occurs). Do not inhale or ingest the fluid in the bag
- **Caffeine.** The adult test dose is 200mg and the child test dose is 100mg. There are no reported contraindications for caffeine in adults and adverse reactions are uncommon (increased nervousness, irritability, sleeplessness and rapid heart beat)
- **Aspirin.** The adult test dose is 600mg and the child test dose is 300mg. Contraindications are gastric or duodenal ulcers, pathologically increased hemorrhagic tendency, known salicylate hypersensitivity. Adverse reactions may be gastric disturbances, gastrointestinal blood loss, hypersensitivity reactions (rarely) and thrombocytopenia (very rarely)
- **Paracetamol.** The adult test dose is 500mg and the child test dose is 250mg. There are no reported contraindications for paracetamol, adverse reactions are rare and mild and include dyspepsia and nausea, allergenic and hematological reactions.

## To ensure we can provide accurate results

- Read the instructions carefully and familiarise yourself with the test requirements: failure to follow these instructions may affect your test results
- Check to ensure you have the appropriate kit for either an adult or child, i.e. whether you have the correct strengths of caffeine, aspirin and paracetamol
- Female patients should not collect urine during a menstrual period
- Two days before the test period, discontinue taking aspirin and paracetamol
- Never discontinue prescription medications without first consulting your healthcare practitioner.
- During the test period you must not consume
  - Aspirin or paracetamol (except for the tablets in this kit), medications containing caffeine or salicylates, alcohol, coffee, tea, cocoa, chocolate, cola soft drink, caffeine-containing energy drink, stone fruit (apricots, peaches, cherries, plums etc), berries (blackcurrant, cranberry, etc), grapefruit or its juice, dried fruit (raisins, sultanas, currants, etc), liquorice, aniseed, peppermint (gum, sweets, lollies, candy), avocado, or spices.

## Specimen collection

- Before breakfast (7-8am), swallow the caffeine tablets and note the time. Label the two saliva collection tubes with your name and the date
- Have breakfast, avoiding the foods listed above
- Two hours after taking the caffeine tablets, collect the first saliva specimen into one of the tubes. Fill with saliva to at least half way, then write the collection time on the label
- Six hours after collecting the first saliva sample (8 hours after taking the caffeine tablets), collect the second saliva sample into the second tube, filled to at least half way, then write the collection time on the label
- Put both of the saliva tubes (named and dated) into bag 1, seal it and put it in the refrigerator
- At 10pm, empty your bladder into the toilet, then take the aspirin tablets and the paracetamol tablet, noting the time. For the following 10 hours, all urine must be collected into the 4 Liter collection bag
- Ten hours after taking the tablets, pass all the urine in your bladder into the 4 Liter collection bag and mix it thoroughly. Read the total urine volume from the graduated scale on the side of the bag, by holding the container up by the two corners
- Write the 10 hour urine volume on the request form and on the label of the 10mL tube
- Mix the urine thoroughly. Using the plastic dropper, transfer 10 mL of the urine from the bag into the 10 mL urine specimen tube. Screw the cap on tightly and label the tube with your name, the date and the time. Put the sample into Bag 2.