

# Returning your specimen to Age Diagnostic Laboratories

- Put the monovettes into the sealable section of the biohazard specimen transport bag supplied. Ensure air pockets are removed that may have formed in the bag as you sealed it
- Place the completed request form into the non-sealable section of the biohazard specimen transport bag supplied
- Place the biohazard specimen transport bag into the Fedex clinical pak provided
- Post sample to Age Diagnostic Laboratories (ADL)
- If you are unable to ship the specimen immediately, store the monovette in the refrigerator. Send the specimen to ADL or your ADL agent within 3 days of collection.

*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 2-4 weeks 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

- 1x Iodine Tablet (50mg)
- 1x 120ml Screw capped container
- 1x Urine collection bag
- 2x Urine monovettes (Urin-Stabilisator)
- 1x Age Diagnostic Laboratories (ADL) request form
- 1x Specimen collection instructions
- 1x Monovette 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.*

## This kit can be used for any of the following tests

- Iodine - Loading Test (Urinary) (5015)

## Practitioner, payment and testing details

*Complete the ADL request form enclosed.*

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

## Safety Notes

- Avoid contact of the powder in the monovette with your eyes or skin (wash the area thoroughly if this occurs)
- Do not inhale or ingest the powder in the tubes (contact your healthcare practitioner if this occurs)
- Do not remove the powder from the monovette.

## To ensure we can provide accurate results

- Do not collect urine during menstruation
- Do not collect urine when patient has a urinary tract infection
- Decrease fluid intake the night before the specimen collection to avoid excessive dilution of the urine
- Do not perform this test if you have a kidney disorder or are on diuretics
- Avoid any medications or supplements containing iodine/iodide 48 hours prior to and during specimen collection if possible including kelp and other sea vegetables
- We suggest that you discuss with your healthcare practitioner whether you can discontinue these medications prior to collecting your specimen.

## Morning Void Urine Specimen collection

- Empty bladder of urine before going to bed at night (do not collect this specimen)
- Before eating or taking any medication collect your first morning urine void into the 120 ml screw capped container. If you cannot go through the night without emptying your bladder, collect all the urine produced during the night as well as the entire first morning void of urine into a clean container. Mix the urine and put a sample of the urine into the 120 ml screw capped container
- Assemble the first urine monovette and draw 10 mls of the 120 ml urine specimen into it following the instructions 1-4 in the diagram provided below. Please note that the white powder must remain in the monovette as a preservative
- Seal the urine monovette. Complete your details on the adhesive sticker (full name, date of birth and total volume). Label this as the "Spot" urine. Place sticker on monovette.
- Pass all remaining urine into the toilet.

## 24 hour Urine Specimen collection

- Swallow the iodine tablet provided. You may wash it down with a glass of water
- Note the time as this is the starting time of the collection
- Collect all subsequent urine for the next 24 hours into the 4 liter collapsible urine bag
- The following morning collect the last sample of urine into the urine bag. This completes the 24 hour urine collection
- Record the TOTAL VOLUME of urine (in mls) on the request form
- Assemble the second urine monovette and draw 10 mls of the 24 hr urine specimen into it following the instructions 1-4 in the diagram provided below. Please note that the white powder must remain in the monovette as a preservative
- Seal the urine monovette. Complete your details on the adhesive sticker (full name, date of birth and total volume). Label this as the "24 hr" urine. Place sticker on monovette.
- Pass all remaining urine into the toilet.