

Returning your specimen to Age Diagnostic Laboratories

- Put the filled monovette 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 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 3 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



Before you start

Check the contents of the test kit

- 1x Urine collection bag
- 1x 120ml Screw capped container
- 1x Urine monovette (Urin-Stabilisator)
- 1x Adhesive sticker
- 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

- Mineral & Metal Screen Level 1 (Urinary) (5019)
- Mineral & Metal Screen Level 2 (Urinary) (5020)

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.

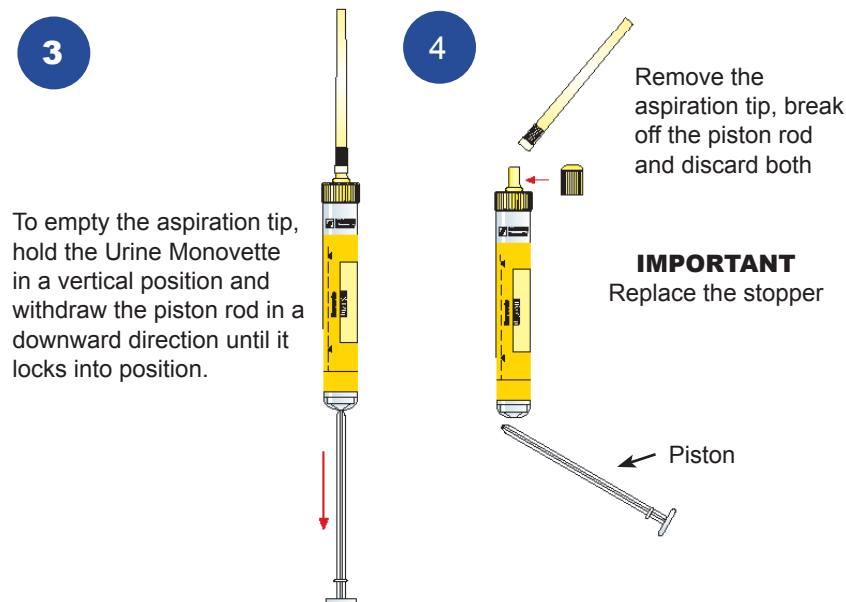
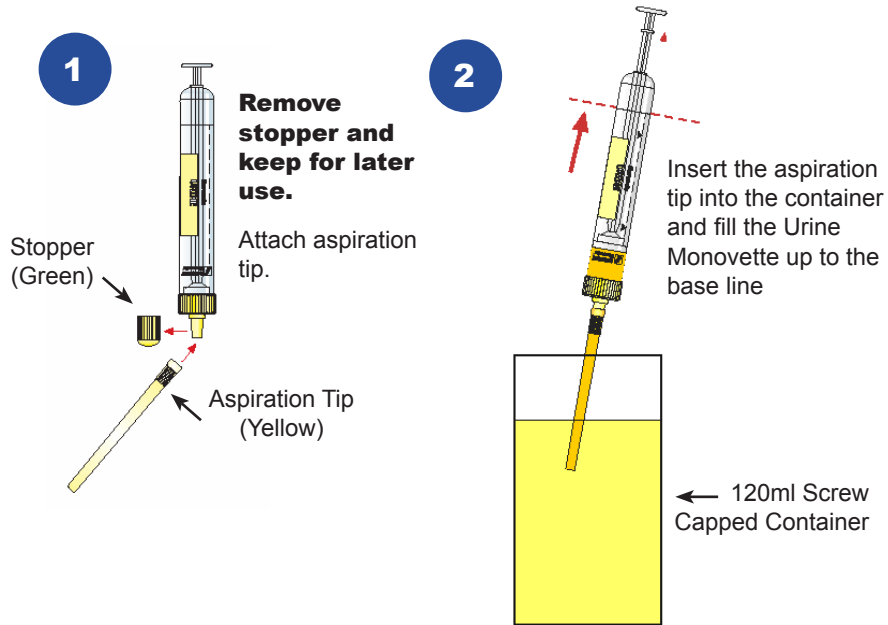
To ensure we can provide accurate results

- Do not collect urine during menstruation
- Do not collect urine if you have a urinary tract infection. Wait until it is resolved
- Decrease fluid intake to avoid excessive dilution of the urine (for egg. < 2 Litres)
- Do not perform this test if you have a kidney disorder or are on diuretics
- Do not take any non-essential medications during specimen collection
- Never discontinue prescription medications without first consulting your healthcare practitioner
- Do not consume any seafood 1 week prior to specimen collection
- Optional: 2 hours prior to DMSA dosing take 40 mg of oral L-glycine. L-Glycine will enhance the excretion of heavy metals from the body

Specimen collection

- Commence collection by emptying the bladder of urine (preferably first thing in the morning) into the toilet. Note the time as this is the start time of the collection
- Take 20-30 mg DMSA/ kg body weight on an empty stomach. Do not exceed 2000 mg of DMSA
- Now take any morning essential medications unless guided otherwise in the previous section
- Two hours after the DMSA dose a light meal (no fish) may be eaten
- Collect all urine passed for the next 6-9 hours as specified by your healthcare practitioner. All urine should be collected into the collapsible 4 liter urine collection bag
- Indicate on the ADL request form the type and dose of the chelating agent (e.g. DMSA) as well as the period of time you have collected your urine over.
- Record the urine collection volume (in mls) on the ADL request form
- Mix the urine sample in the collection bag before pouring some of the urine into the 120 ml screw capped container provided
- Peel open the 10 ml green urine monovette (urin-stabilisator)
- Assemble the urine monovette and draw 10 mls of the 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
- Throw away the yellow aspiration tip and piston rod into the rubbish and discard the rest of the urine into the toilet
- Complete the details on the adhesive sticker provided (full name, date of birth and total urine volume). Place sticker on the monovette.

Urine Monovette Instructions



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