

# Returning your specimen to Age Diagnostic Laboratories

- Put the 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 3-4 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 120ml Screw capped container
- 1x Urine monovette (Urin-Stabilisator)
- 1x Age Diagnostic Laboratories (ADL) request form
- 1x Specimen collection instructions
- 1x Monovette instructions
- 1x Sheet of aluminium foil
- 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

- Adrenal Hormone Profile: Level 1&2 (Urinary) (1301, 1302)
- Aldosterone (Urinary) (1304)
- Anabolic/Catabolic Index (Urinary) (1305)
- Electrolytes (Urinary) (5010)
- Estrogen Metabolite Panel Level 1 & 2 (Urinary) (1307, 1308)
- Estrogen Profile (Urinary) (1311)
- Female Hormone Profile (Urinary) (1312)
- Growth Hormone (Urinary) (1314)
- Iodine - Random (Urinary) (5016)
- Male Hormone Profile (Urinary) (1315)
- Melatonin (Urinary) (1317)
- Neurotransmitter Metabolite Test (Urinary) (4012)
- Organic Acids Tests (2013, 4013-4018)
- Oxidative Damage Markers (DNA, Membrane, Muscle) (4021-4023)
- Osteoporosis Markers (N-Telopeptides) (Urinary) (1318)
- Porphyrins (Urinary) (4024)
- Thyroid Hormone Profile (Urinary) (1319)

## Practitioner, payment and testing details

*Complete the ADL request form enclosed.*

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

## To ensure we can provide accurate results

**For all tests:**

- 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

**For the Adrenal Hormone and Anabolic/catabolic Index Tests:**

If you are on any steroid medications (e.g. Prednisone, cortisone cream, inhalers) or herbal products that affect the adrenal glands, we suggest that you discuss with your healthcare practitioner whether you need to discontinue these medications prior to collecting your specimen

**For the Aldosterone Test:** Collect the sample between 0800 and 1000 h after the patient has been ambulant (upright and moving) for 1-2 hours, however check with your doctor whether they have any special requirements. Patients should maintain a normal sodium diet (approximately 3 g/day) for at least two weeks before testing. Low serum potassium levels will suppress aldosterone secretion, therefore correct any known hypokalemia (4-6 weeks prior) before testing if possible. If you are on any steroid medications (eg. Prednisone, cortisone cream, inhalers), herbal products (e.g. liquorice) that affect the adrenal glands, spironolactone, drugs that alter sodium, potassium and fluid balance (e.g. diuretics, antihypertensives, oral

contraceptives) we suggest that you discuss with your healthcare practitioner whether you need to discontinue these medications prior to collecting your specimen. For those on hormone medication see the recommendations below

**For the Estrogen, Estrogen Metabolite and Female Hormone Profiles:**

If you are pre-menopausal it is advisable to collect the sample on day 19-21 of your menstrual cycle (Day 1 is the first day of your menstrual period). Menopausal women can collect the specimen on any day of the month. For those on hormone medication see the recommendations below

**For the random Iodine Test:**

Avoid any medications or supplements containing iodine/iodide 48 hours prior to and during specimen collection if possible including kelp and other sea vegetables

**For the Neurotransmitter Metabolite Test:**

Avoid the following foods for 48 hours prior to the test; coffee, tea, bananas, chocolate, cocoa, citrus fruits and vanilla. Acute stress, sexual inter-

**If you use hormone medications follow the guidelines below unless your healthcare practitioner advises you otherwise:**

- Hormone capsules, creams or troches: Take your medication following your normal daily regime
- Transdermal patches (daily use): Take your medication following your normal daily regime
- Transdermal patches (bi-weekly use): Start your urine specimen collection 2 days after applying the patch
- Vaginal pessaries: Start your urine specimen collection 24 hours after the last pessary. Do not use another pessary during the urine specimen collection.

## To ensure we can provide accurate results cont.

course and vigorous exercise may also affect the test results. Your healthcare practitioner will tell you whether or not to discontinue any drugs or activities that may interfere with the test

**For the Organic Acids' Tests:**

Avoid the following foods for 48 hours prior to collection: Aged and processed cheeses, alcohol, apple, avocado, banana, beans, beet greens, chocolate, coffee, cranberry, cream of tartar, eggplant, foods containing yeast, grape, pineapple, plum, prune, raisin, rhubarb, spinach, tomato, strawberry, walnut, wine, tea and preservatives with Benzo-

ate. Your healthcare practitioner will tell you whether or not to discontinue any drugs or activities that may interfere with the test

**For the Osteoporosis Test:** If you are pre-menopausal it is advisable to collect the sample on day 3-5 of your menstrual cycle (Day 1 is the first day of your menstrual period). Menopausal women can collect the specimen on any day of the month. If you use cyclical hormone medications we suggest that you take note of the day of the cycle that you collect your specimen and be consistent for all follow-up tests.

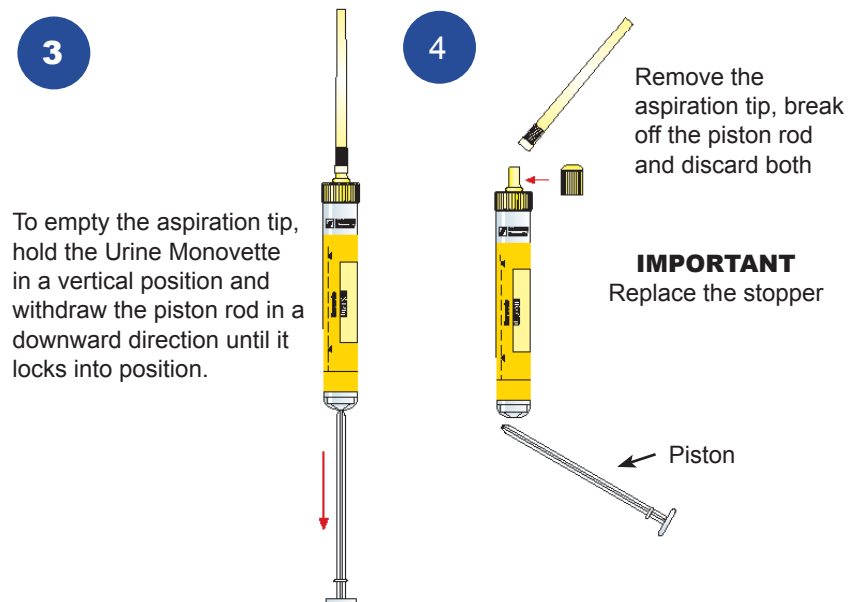
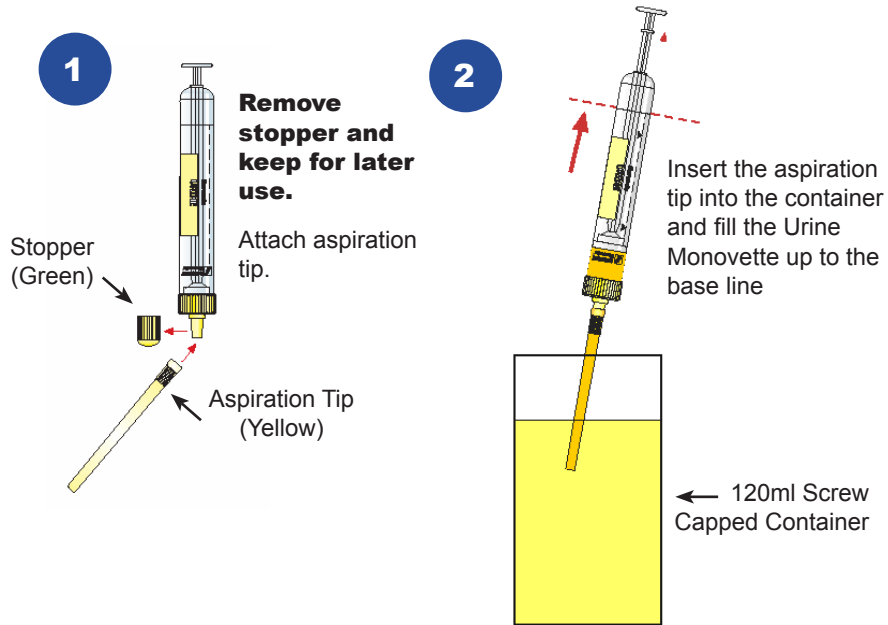
## Safety Notes

- 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
- Do not remove the powder from the monovette.
- Do not remove the powder from the monovette (contact your healthcare practitioner if this occurs)

## 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 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
- Complete the details on the adhesive sticker provided (full name, date of birth). Place sticker on monovette
- If you are collecting the urinary sample for the porphyrin test, wrap the monovette in the aluminium foil supplied.
- Peel open the 10 ml green urine monovette (urin-stabilisator)

# Urine Monovette Instructions



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