

Directions



PCNZDiagnostic

Urine Sample Collections

Before you Start

- Check the contents of the collection box:
 - 1 x 24 hour Urine Collection Container
 - 1 x 50 mL Screw Capped Jar
 - 1 x Urine Monovette (Urine-Stabilisator)
 - 1 x Padded Envelope and Labelled Courier Bag
 - 1 x Lab Specimen Transport Bag
 - 1 x PCNZDiagnostic Request Form
 - 1 x Direction for Urine Sample Collections
- Read the enclosed instructions before proceeding.

Practitioner, Payment and Testing Details

- Fill in the PCNZDiagnostic Request Form enclosed.

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).

To Ensure we can Provide Accurate Results

For the Environmental Pollutants, Intestinal Dysbiosis and Organic Acids Test.

- 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 Benzoate. Your health care provider will tell you whether or not to discontinue any drugs or activities that may interfere with the test.

For the Urinary Estrogen, Estrogen Metabolism Index and Female and Male Hormone Urine Screens

- For a pre-menopausal woman it is advisable to collect the sample on day 18-21 of cycle (Day 1 is the first day of your period).
- If you use hormone creams, collect your urine sample 12-24 hours after application.

For the Neuroendocrine Metabolites

- Avoid the following foods for several days prior to testing: coffee, tea, bananas, chocolate, cocoa, citrus fruits and vanilla. Your health care provider will tell you whether or not to discontinue any drugs or activities that may interfere with the test. Acute stress and vigorous exercise may also affect the tests.

Specimen Collection Instructions

- Collect either a spot urine or 24 hour urine sample following the instructions below. On the PCNZDiagnostic Request form (section 4) there are details of the sampling procedures appropriate for each test. When given the choice between a spot urine or 24 hour urine sample, the 24-hour collection is the method of choice.

Spot Urine

- Indicate on the PCNZDiagnostic Request Form that you have collected a spot urine sample (Section 5).
- Collect the first morning urine into the 50 mL screw capped container.

Call **0800 HORMONE (467 6663)** to speak to Jo-Anne Moore, Diagnostic Co-ordinator

62C Diana Drive, Wairau Valley, North Shore 0627, PO Box 101-142, North Shore Mail Centre 0745, Auckland New Zealand
DDI: 64 9 442 1724 Email: jo@pcnzltd.co.nz Ph: 64 9 442 1727 Fax: 64 9 442 5851 Email: info@pharmaceutical.co.nz Website: www.pharmaceutical.co.nz
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Urine Sample Collections

- Mix the sample and then draw 10 mls of this sample into the supplied green urine monovette (urine-stabilisator) following the instructions entitled 'Drawing up a 10 ml Sample'.

24 Hour Urine

- Upon waking, empty your bladder of the first morning urine (do not collect this urine).
- Collect all urine passed for the next 24 hours, including the first urination of the following morning. All urine should be collected into the collapsible 4 litre collection bag.
- Indicate on the PCNZDiagnostic Request Form that you have collected a 24 hour urine sample (Section 5) and record the 24 hour urine volume (in mls).
- Mix the urine sample in the collection bag before pouring the urine into the 50ml jar to the half way mark or above.
- Draw 10 mls of this sample into the supplied green urine monovette (urine-stabilisator) following the instructions entitled 'Drawing up a 10 ml Sample'.

Drawing up a 10 ml Sample

- Label the green urine monovette (urine-stabilisator) with your full name.
- Peel open and assemble the 10ml green urine monovette by removing the small green cap and insert the cannula (yellow plastic tip).
- Draw up 10 mls of urine into the green urine monovette (the white plunger should be pulled out to the solid green line at the base of the monovette until it stops).
- Twist off the cannula (yellow plastic tip), then recap the green urine monovette with the green cap.
- Throw away the yellow cannula into the rubbish.
- Snap off the white plunger at the base of the monovette and throw away.
- Discard the rest of the urine into the toilet.

Returning the Specimen to PCNZDiagnostic

- Put the sample/s in the sealable section of the specimen transport bag supplied.
- Place the PCNZDiagnostic Request Form in the non-sealable section of the specimen transport bag supplied.
- Place the specimen transport bag into the padded envelope provided and place these into the labelled courier bag.
- Contact **CourierPost 0800 268 7437** stating that the courier is prepaid. The courier bag is already labelled with the delivery address to:

PCNZDiagnostic, 62C Diana Drive, Glenfield, Auckland 0627

- Store the sample in the refrigerator until pickup.

Results

Your practitioner can expect to receive results approximately 4 weeks after PCNZDiagnostic receives the specimen.

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