

HOW TO SEND SAMPLES

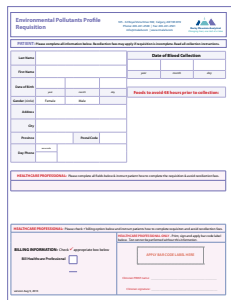
1. Write your return address (including postal code) in the top left corner of the prepaid mailer.



2. Place the sealed plastic **Bag B** inside the prepaid mailer.
Keep sample away from heat.



3. Place the completed requisition form in the prepaid mailer with plastic **Bag B**.
Seal the prepaid mailer and give it a gentle, brief shake.



4. Drop the addressed prepaid mailer into any Canada Post mailbox.



PATIENT PRIVACY

Privacy Statement: Your healthcare professional's stamp or signature on the requisition is our legal authority for analyzing your urine sample. The personal information you provide is necessary for us to provide a thorough analysis. This information will be stored confidentially and used only for the purpose of analyzing your specimen. Some aggregate data may be used for research purposes. If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical. Phone 403-241-4500 or Fax at 403-241-4501. Email: info@rmlab.com

Environmental Pollutants Profile Collection Instructions

BEFORE YOU BEGIN



Important:

- Read **all instructions** prior to collecting urine. A \$15 re-collection fee may be charged if you have collected improperly.
- Please make sure your healthcare professional has signed the requisition and applied their bar code label. If either of these are missing, please contact your healthcare professional before sending your sample to the lab.
- Check contents of the kit box. If anything is missing, please contact your healthcare professional.

KIT CONTENTS

- ✓ Requisition Form
- ✓ Collection Instructions
- ✓ Ziploc Bag A containing 2 collection strips
- ✓ Ziploc Bag B containing desiccant
- ✓ Pre-Paid Mailing Envelope


IMPORTANT NOTES - *please read all notes*

- **DO NOT** collect urine during a menstrual period.
- **DO NOT** collect urine if you currently have a urinary tract infection.
- **DO NOT** collect urine if you have kidney disease.
- **Avoid** foods with benzoic acid (benzoate) and sorbic acid (sorbate) for 48 hours prior to collection.
- **DO NOT** use Bag B after expiry date. You will need a new Bag B. If your Bag B has expired, contact your healthcare professional and ask for a new one.
- Use black or blue ballpoint pen to complete requisition and write on labels and forms.

BEFORE YOU START TO COLLECT URINE - *read all instructions*

NOTES: Avoid excess fluid intake the night before your morning urine collection.



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LABORATORIES
www.usbiotech.com

Bag B

Expiration Date: **October 1, 2013**

Do not use this kit past its expiration date.

Keep tightly sealed until ready for use.

Reveal completely after encasing the wet urine collection strip.

MANDATORY: COMPLETE ALL SECTIONS IN RED

Name: _____ Date Collected: _____

Date of Birth: _____ Gender: **F / M** (circle)

2. Make sure the requisition includes:
 - your healthcare professional's bar code label and signature
 - your name
 - your address
 - your date of birth
 - your gender
 - date of urine collection

Environmental Public Health Proficiency

Registration

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

PHONE: _____

FAX: _____

E-MAIL: _____

DATE: _____

SIGNATURE: _____

We acknowledge receipt of your registration and will mail you a confirmation card.

DATE: _____

SIGNATURE: _____

Date of Birth Calculation

DATE	MONTH	DAY	YEAR

Please do not send this registration to "localization".

IMPORTANT INFORMATION: Please complete all of the above information to complete the registration and local enrollment process.

IMPORTANT INFORMATION: Please send all missing information to the registration address and please send all missing information to the registration address and please send all missing information to the registration address.

PLEASE PROVIDE: Check ☐ if you are a resident of the State of California.

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(800) 451-2261 ext. 1000

GETTING YOUR RESULTS - *sample report shown*



Test results are sent to your healthcare professional approximately 21 days after we receive your sample.

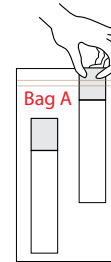
Please contact your healthcare professional if you have questions regarding your results. **Note:** Our staff cannot discuss test results with patients.

COLLECTING YOUR SAMPLE – How to collect urine

You will need to dip 2 strips into the collected urine.



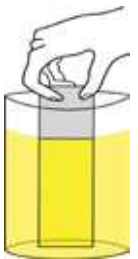
1. Before you begin, wash hands thoroughly with soap and water.
2. Collect a mid-stream urine sample into a **clean, dry cup** first thing in the morning, or if you are a shift worker, after your longest sleep. To assess work exposure, collect within 2 hours of leaving work.



3. Once collection is complete, remove the collection strips from Bag A, then discard Bag A.



4. Hold the collection strip as shown and place the end with the absorbent pad into the cup of urine. To avoid contamination, do not touch the absorbent pad.



- Remove the urine saturated strip from the collection cup and allow excess urine to drip freely into collection cup.



6. Repeat Steps 4 to collect urine on the 2nd strip.

Note: Be sure to leave each collection strip in the urine long enough to **ensure each strip is completely saturated** (less than 1 minute).

- Place both urine saturated collection strips into foil pack **Bag B**. Ensure the bag is completely sealed.

Caution: Bag becomes very warm once collection strips are sealed inside.

8. Dispose of excess urine in the toilet and discard the collection cup.

