



Welcome to your test kit

You have chosen to do a Mycotoxin Test from Nordic Laboratories, which will provide information to help you on your personal health journey.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on **+45 33 75 10 00** or email info@nordic-labs.com

Check your kit

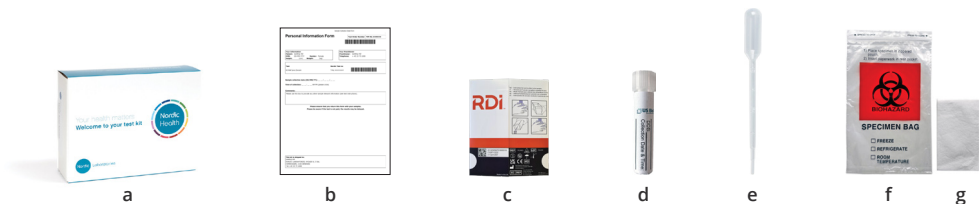
In this kit you will find all the material needed for your collection. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

Shipping materials

- 1 x Box containing the collection kit **(a)**
(keep this box for returning your samples)
- 1 x Shipping instructions & materials
- 1 x Personal information form **(b)**

Collection materials

- 1 x Pee canter **(c)**
- 1 x Collection tube **(d)**
- 1 x Pipette **(e)**
- 1 x Bio-hazard bag **(f)**
- 1 x Absorbent pad **(g)**



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If any items are missing or expired, please call **+44 (0)1580 201687** or email testkits@nordicgroup.eu (this is for kit queries [only](#)).

Start here

Please read the instructions carefully and follow them step by step.

Please note: If the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

Preparation

Provide the following information

Personal information form: verify that the information on the form is correct and edit if needed.

Prior to collection

- Decrease liquid intake to avoid excessive dilution of the urine.
- For adults, restrict fluid intake starting at 6pm the night prior to collection. Urine must be yellow in colour, if urine is clear the sample is too diluted. Discard diluted sample, rinse collection cup in hot water ONLY (no soap) and air dry, then recollect.
- Empty your bladder before going to bed at night (do not collect this urine).

Medical Precautions

- If the collected specimen contains excess blood (urine is a dark red or brown color) it should be discarded and not used for testing.
- If you are taking the medication methylene blue, DO NOT submit sample until urine has returned to a normal colour.
- **Important:** Do not discontinue any medications or supplements without first consulting your healthcare practitioner.

Important notes

- **Do not** collect urine during menstruation or urinary tract infections.
- You must fill the specimen tube to the 7 ml line to ensure there is enough sample for testing.

Specimen Collection Procedure

- 1 Write your name and collection date and time on the label attached to the urine collection tube. Also note date of collection on the personal information form. Unlabelled specimen tubes will not be processed.



- 2 Collect your first morning urine into the pee canter. Perform a mid-stream catch (begin urinating, then start collecting the specimen). Please ensure that you collect at least 7ml of urine (minimum). Empty the remaining volume of the bladder into the toilet.



- 3 Use the pipette provided to transfer urine from the pee canter into the transfer tube. Repeat this as needed until you fill the collection tube to the line marking 7 ml. Place the cap back onto the transfer tube and twist it to seal the sample tightly.



- 4 Place the urine collection tube containing your sample into the bio-hazard bag and seal. Keep the sample in the refrigerator until you are ready to ship.

Shipping Preparation

When to schedule your shipment

- Ship your sample as soon as possible, preferably within 48 hours of collection.
- **Note:** Sample stable at room temperature for up to 30 days.

When you are ready to ship

- Make sure the personal information form is completed.

- Prepare your shipment:

- » Retrieve the bio-hazard bag containing your sample.
- » Place the bio-hazard bag, along with the completed personal information form, into the supplied box. Place the box in the return shipping bag and ship (see Shipping Instruction).