



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.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

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

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

Shipping Materials

- Box containing the collection kit (**please keep box for returning your samples**)
- Shipping Instruction
- Personal Information Form
- Return shipping materials

Collection Materials

- 1 x Urine collection cup
- 1 x Collection tube
- 1 x Pipette
- 1 x Bio-hazard bag
- 1 x Absorbent pad

If any items are missing or expired, please call +44 (0)1580 201687 or email testkits@nordicgroup.eu

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.

When to schedule your collection

- This sample is to be collected from your first-morning void specimen, meaning the first urination collected after a 6-8 hour period of time.
- Collect a mid-stream urine catch, filling 1/2 of the collection cup.
- Specimens should be sent to the laboratory within 48 hours of collection. If sample can not be shipped immediately, your sample should be frozen until the time of shipment. Note: If frozen, please note the date it was frozen on the collection tube and also on the Personal Information Form.

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 7ml line to ensure there is enough sample for testing.

Collection Procedure



Step 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.

Step 2:

Collect your first morning urine into the urine collection cup. 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.



Step 3:

Use the pipette provided to transfer urine from the cup 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.



Step 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.
Important: If sample can not be shipped immediately, your sample should be frozen until the time of shipment. Note: If frozen note the date frozen on the collection tube.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the 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).