

Urine Collection Procedure



Step 1:
Wash and dry hands with a clean towel prior to touching the urine collection card to prevent contamination.



Step 4:
Saturate the filter paper by collecting urine in a clean cup and dipping the filter paper up to the black dash-line closest to the text 'Tuck cover here after drying'.



Step 2:
Write name, date, collection time and type of sample on the back of the urine collection card.



Step 5:
Allow to dry for at least 24 hours. And then repeat steps 1-5 to collect your **second urine sample** (night time collection).



Step 3:
Open the urine card cover and fold back from the filter paper. Do NOT touch the filter paper.



Step 6:
Once dry, close the flaps of the collection cards (without touching filter paper) and place them into the resealable plastic bag.

Shipping Preparation

When to schedule your shipment

- Please ship your samples as soon as possible. If you cannot ship your samples the same day you finish your collection, such as over a weekend or holiday, leave the blood spot card and urine collection cards at room temperature until you are ready to ship. DO NOT store for more than 3 days.

When you are ready to ship

- Ensure that you have provided the following information:
 - Blood spot cards and urine cards: make sure that you have filled out all information on the back of the cards.
 - Personal Information Form: make sure the form is completed.
 - Test Questionnaire: make sure BOTH sides of the questionnaire are completed.
 - Pro-forma/Commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the resealable plastic bag containing your samples along with the completed Test Questionnaire and the Personal Information Form into the supplied box.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



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Welcome To Your Test Kit

You have chosen to do a Comprehensive Toxic & Essential Elements 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.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. 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

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Test Questionnaire
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma/Commercial Invoices (**only included if you are shipping from a non-EU country**)

Collection Materials

Blood Spot Collection

- 1 x Blood Spot Card
- 4 x Lancets
- 2 x Plasters
- 2 x Alcohol prep pads
- 1 x Sterile gauze pad pack
- 1 x Resealable bag

Urine Collection

- 2 x Urine collection cards
- 1 x Resealable bag

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.
- Test Questionnaire: fill out BOTH sides of the questionnaire.

Prior to collection

Urine collection:

- First urine collection: do not eat or drink anything (except water), take vitamins/supplements or take any medications (except as advised by your practitioner) until after your first urine sample.
- Second urine collection: limit drinking to a maximum of one glass containing 8 oz (227ml) of fluid in the hour before collecting your second urine sample to allow your urine to concentrate.
- If you take iodine and/or selenium supplements daily (e.g. Iodoral, multi-vitamin), we recommend you continue to take them as usual while collecting your urine samples.
- If you only periodically eat high iodine and selenium-containing foods* or take supplements containing iodine/selenium we recommend you avoid them the day before and during your urine collection, as this will better reflect your average daily iodine intake.

*Foods highest in iodine: seafood, seaweed (kelp) and dairy products. Foods highest in selenium include brazil nuts.

Urine & Blood Spot collections:

- If you've recently had an MRI containing Gadolinium contrast, please wait a minimum of 96 hours prior to collecting your sample.

When to schedule your collection

These two tests must be collected over a 24 hour period.

Urine collection:

- If you wake up two hours before your usual waking time you must collect your 'first-morning' sample at that time. For example, if your usual waking time is 7am, but you wake at 5am you must collect your first-morning sample at 5am, but if you wake at 4.30am you must not collect until you next wake.
- Collect your second urine sample just before going to bed on the same day.
- **Important:** Avoid collecting when blood could be in your urine. Menstruating women - do not collect during your period. Test on a typical, healthy day. Men, children & non-menstruating women may collect any day of the month.

Blood Spot Collection:

- Collect your blood spot sample in the morning within one hour of waking, and before eating or drinking anything (except water).
- You may collect any day of the month.

Bloodspot Collection

Tips for a successful blood spot collection

- Do not touch filter paper area with your hands.
- Collect only when your hands are warm. You can warm your hands by rubbing them together and swinging your arms or rub hands under warm water as this encourages blood flow. Moving around will also increase your blood flow so try moving around before starting collection.
- You may use a belt or item of clothing as a tourniquet to encourage blood flow. Tie item firmly around the upper portion of the arm that will be used for collection.
- Preferably stand up and keep your hand at waist level during collection, this will encourage blood flow.
- Allow the blood to drop from your finger onto the card, try not to touch the blood onto the circles.
- Collect enough blood so that ALL circles are completely filled.

Acceptable collection card example



Unacceptable collection card example



Step 1:

Write your full name, date and time of collection on the back of the Blood Spot Card. Also note date and time of collection on the Personal Information Form.



Step 2:

Before collecting blood, wash and dry your hands with a clean towel and open the sterile gauze pad for later use.



Step 3:

Position the Blood Spot Card on a suitable surface (below waist level) so that the collection circles are facing upwards.



Step 4:

Select a finger to draw blood from (middle or ring finger of nondominant hand is typically best). Open an prep pad and use it to wipe finger. Allow finger to dry for at least one minute.



Step 5:

Pick up a lancet and hold the thick end of the lancet. Twist the narrow tab at the opposite end and remove. The lancet is now primed.



Step 6:

Press the now exposed white tip firmly against your fingertip to release the needle. Once the needle has made a small puncture in your finger, it will immediately retract and is then safe to dispose of. Wipe away the first blood drop with the sterile gauze pad.



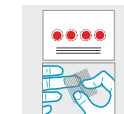
Step 7:

Using your thumb, gently massage (do not squeeze) the entire length of the pricked finger to form blood drop.



Step 8:

When the blood is ready to fall, let it drop onto the center of the circle. Continue collection until ALL circles have been filled (to fill all the circles you may have to repeat from step 4).



Step 9:

When you have filled all circles on the Blood Spot Card, blot finger dry with the sterile gauze pad and apply a plaster.



Step 10:

Allow the card to dry for a minimum of four hours. Once dry, place it into the supplied resealable plastic bag. Store in a cool dry place until ready to ship.