

## Shipping Preparation

### When to schedule your shipment

- Ship your samples as soon as possible. If you cannot ship the samples the same day you complete the collection, such as over a weekend or holiday, keep the bio-hazard bag containing the specimen vials in the refrigerator until you are ready to ship. Do not store for more than three days.
- Schedule your shipment so that your samples will arrive to the laboratory on a working day, as we are closed over the weekend.

### When you are ready to ship

- Ensure that you have provided the following information:
  - Personal Information Form: make sure the form is completed, and that you have noted 'PRE' or 'POST' beside each collection date and time. Please also ensure that you have noted the total volume of urine collected and the number of milligrams of iodine taken beside the 'POST' collection.
  - Pro-forma invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
  - Take the padded envelope containing the specimen vials from the refrigerator.
  - Place the padded envelope into the supplied box, along with the completed Personal Information Form.
  - Place the box in the return bag and ship (see Shipping Instruction).



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## Welcome To Your Test Kit

You have chosen to do a Urine Halides/Urine Iodine Pre & Post Loading 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](mailto: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 Padded envelope
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**only included if you are shipping from a non-EU country**)

### Collection Materials

- 1 x Bio-hazard bag
- 1 x Specimen collection cup
- 1 x Specimen vial labelled 'PRE'
- 1 x Specimen vial labelled 'POST'
- 1 x Absorption pad
- 1 x Orange collection container

If any items are missing or expired, please call +44 (0)1580 201687 or email [testkits@nordicgroup.eu](mailto: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 test kit takes 24 hours to complete.

### Important notes

- The orange collection container holds a maximum of 4 litres. For best results, do not consume more than 3.5 litres of liquid during the collection period to avoid overfilling the container.
- Never discontinue prescription medications without first consulting your physician.
- Female Patients should not collect urine during a menstrual period.
- Use the provided vial and collection container to avoid contamination of the specimen. Use of other collection materials may result in falsely elevated results.

### Five days before the test please avoid:

- Taking iodine supplements (other than the loading dose prescribed by your physician).
- Taking non-essential medications.
- Taking products that contain iodide/iodine such as kelp, fish, and sea vegetables, unless otherwise instructed by your practitioner.

## Collection Procedure



**Step 1:**  
When you wake up and get out of bed for the day, urinate into the supplied specimen collection cup.



**Step 2:**  
Write your full name and date of collection on label attached to the vial labelled 'PRE'.



**Step 3:**  
Pour the urine into the specimen vial labelled 'PRE'. Fill the vial to the fill line – do not underfill.



**Step 4:**  
Tighten the screw cap securely and discard the remaining urine in the collection cup.



**Step 5:**  
On the Personal Information Form, verify that the information is correct and edit if needed. Please ensure that you note the date and time of your 'PRE' sample, please also clearly note the word 'PRE' beside this information.



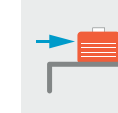
**Step 6:**  
Place the specimen vial into the bio-hazard bag, then place into the refrigerator.

**Step 7:**  
Take the iodine loading dose prescribed by your doctor.



**Step 8:**  
Collect all urine for the next 24 hours, up to and including the first morning urination the following day. Collect each urination in the specimen collection cup then pour the urine into the orange collection container. Keep the orange collection container in a refrigerator until you have finished your 24-hour collection.

**IMPORTANT NOTE:**  
If your collection reaches four litres of urine before 24 hours have elapsed, stop collecting your urine and proceed to step 9.



**Step 9:**  
After all urine has been collected, place the orange collection container on a level surface and read the volume from the markings on the container.



**Step 10:**  
On the Personal Information Form, note the date that you finish your sample, the total volume of urine collected and the number of milligrams of iodine taken in the space indicated. Please also clearly note the word 'POST' beside this information.



**Step 11:**  
Write your full name and date of collection on label attached to the vial labelled 'POST'.



**Step 12:**  
Mix the urine by shaking the orange urine collection container for at least 30 seconds then pour the urine into the specimen vial labelled 'POST'. Fill the specimen vial to the top of the label and tighten the screw cap securely. Place the specimen vial into the bio-hazard bag.



**Step 13:**  
Place the bio-hazard bag containing your samples into the padded envelope and refrigerate until ready to ship.