

Urine Collection Instructions

Before You Begin Collections


1. Save the cardboard box and place the gel pack flat into the freezer (for at least 4 hours) to ship the sample back to us.
2. **Send the sample Monday through Thursday.** Extra shipping charges will apply for Saturday deliveries (Friday shipments), and the sample may become compromised due to the lab being closed over the weekend.
3. Please check the specimen requirements below for patient preparation instructions.
4. Only use containers supplied by GPL to avoid contamination of specimens.
5. Females, please do not collect samples during menstrual cycle.
6. Limit liquid intake starting at 6pm the night prior to collection to avoid sample dilution. Urine must be yellow in color. If urine is clear the sample is too diluted. Discard diluted sample, rinse the collection cup in hot water only (no soap), air dry, then re-collect.
7. If you have any questions, please call Customer Service at 913-341-8949 or email CustomerService@GPL4U.com.



Testing Requirements (read before collection)

Test	Min.	Items to Discontinue	Urine Collection	After Collection
Organic Acids (74) Microbial Organic Acids (21)	10 mL Urine	Avoid apples, grapes, pears, and cranberries as well as their juices or products 48 hours before collection. Avoid arabinogalactan, echinacea, reishi mushrooms, and ribose supplements for 48 hours before collection.	Collect the first morning urine in the collection cup provided. Collecting sample prior to eating or drinking is preferred.	Screw lid on tightly. Freeze urine specimen for a minimum of 4 hours before shipping. Keep in freezer until ready to ship. Ship with frozen gel pack.
Gluten + Casein Peptides	10 mL Urine	Avoid soy protein consumption for at least one week prior to testing (soy oil & lecithin may be consumed).		
Mycotox Profile	10 mL Urine	Fasting for 12 hours may increase the excretion of mycotoxins from the adipose tissue. (Not required)		
GPL-TOX	5 mL Urine	None		
Glyphosate	10 mL Urine	None		
Phospholipase A2 Activity	10 mL Urine	Avoid chelating agents 48 hours prior to collection (eg: DMSA, DMPS, EDTA)		
Calcium + Magnesium	5 mL Urine	None		
Metals Urine (random)	50 mL Urine	Avoid chelating agents 48 hours prior to collection (eg: DMSA, DMPS, EDTA)	Collect the first morning urine in the collection cup provided.	Pour urine into the amber vial with ascorbic acid additive labeled "Kryptopyrrole". Screw lid on tightly. Invert vial 10 times. Immediately freeze until ready to ship. Ship with frozen gel pack.
Kryptopyrrole	10 mL Urine	None		



Porphyrins 	10 mL Urine	The following drugs may interfere with the Porphyrins Profile and should be discontinued 72 hrs before collection: acriflavine, ciprofloxacin(Cipro), ethoxazene (Serenium), nalidixic acid (NegGram), norfloxacin (Noroxin), ofloxacin (Floxin), oxytetracycline (Terramycin), phenazopyridine (Prodiuram, Pyridium, Urobiotic), sulfamethoxazole (Bactrim, Septra), tetracycline (Achromycin).	Collect the first morning urine in the collection cup provided.	Immediately pour urine into the amber vial due to light sensitivity. Secure lid on tightly. Freeze both the amber vial and the collection cup until ready to ship. Ship both with frozen gel pack.
24 hour or timed Metal urine	50 mL Urine	None	Begin collecting the 2nd urination of the day. Urinate into the large clear collection container. Continue collecting urine for 24 hours including the next urination of the next morning. Keep urine refrigerated between voids.	Mix the urine in the large container. Record the TOTAL VOLUME on the Test Requisition Form. Failure to record the total volume may skew test results. Freeze the cup until ready to ship. Ship the cup with the frozen gel pack. DO NOT ship the large collection container.

Pediatric Collection Bag Instructions (for infant collection)

Overnight collection is acceptable if using a pediatric collector. After collection, DO NOT send the collection bag alone. You may put the entire bag into the collection cup or pour the urine directly from the bag into the collection cup.

- To collect urine, separate infant's legs. Make sure perineal and pubic areas are clean and dry.
- Peel off backing paper, exposing hypoallergenic adhesive.
- For female use: Start from the bottom up with the adhesion at skin flap, separating vagina lips (labia) and work upward. Press firmly to skin surrounding the vagina (labia) with excess of bag toward the feet.
- For male use: Position penis naturally through bag opening with excess of bag toward the feet. Press adhesive firmly to entire perimeter without puckering.
- Re-apply diaper directly over bag. We suggest that you cut a hole in the diaper and pull the pediatric collection bag through, which will hold the bag securely in place. If necessary, you may place a second diaper on the outside of the first to prevent bag from irritating the skin.



Preparing and Shipping Specimens

- Fill out the Test Requisition Form (TRF). Please PRINT clearly.
- Print the patient's full name, time and collection date on the side of the urine cup (and amber tube and blue specimen vial if provided).
- Place urine specimen(s) into the biohazard zip-lock bag along with the absorbent packing sheet. Place frozen gel pack and urine sample(s) into the silver thermo bag. Place the silver thermo bag into the box. Fold and place the completed TRF in the box and close the lid. Place the box in the FedEx Clinical Pak. Note: The urine sample MUST be in the cardboard box or the shipment will be rejected by FedEx.
- Seal the FedEx Clinical Pak. Please keep the purple FedEx Billable Stamp (including tracking number) for your records.
- Call FedEx at 1-800-463-3339 for pickup. Mention you have a prepaid bag for overnight delivery.