



Before You Begin

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. Collections should be shipped off to the lab **Monday through Thursday**.
3. Please check the expiration date on all vials. If any have expired, call 913-341-8949 for replacement vials.
4. Fill out the Test Requisition Form (TRF) completely. Please print clearly. Include your physician or health care practitioner's approval in the space provided on the Test Requisition Form. A physician authorization can be attached to the requisition.
5. Review the collection instructions for your test panel on the following pages prior to collecting any specimens.
6. Urine collections are not time-sensitive, however the urine sample must be frozen if not shipped the same day.
7. If you have any questions, please call Customer Service at 913-341-8949 or email CustomerService@GPL4U.com.

Urine Collection Instructions for GPL-TOX, Glyphosate Test, and Organic Acids Test

1. Please follow the specimen requirements below.
2. Print the patient's full name, time and collection date on the side of the urine cup.
3. Only use containers supplied by GPL to avoid contamination of specimens.
4. Females, please do not collect samples during menstrual cycle.
5. Limit liquid intake starting at 6pm the night prior to collection to avoid sample dilution. Urine must be yellow in color. If the urine is clear, the sample is too diluted. Discard the diluted sample, rinse the collection cup in hot water only (no soap), air dry, then re-collect.
6. After collection, freeze sample for a minimum of 4 hours.
7. Place the urine cup into the biohazard zip-lock bag along with the absorbent packing sheet.
8. Place the frozen gel pack and urine sample into the silver thermobag and place in the cardboard box.



Urine Testing Requirements				
Test	Minimum	Items to Discontinue	Urine Collection	After Collection
GPL-TOX Test	10 mL Urine	None	Collect the first morning urine in the collection cup provided.	Screw lid on tightly.
Glyphosate Test	10 mL Urine	None		Freeze urine specimen for a minimum of 4 hours before shipping.
Organic Acids Test	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.	Collecting sample prior to eating or drinking is preferred.	Keep in freezer until ready to ship. Ship with frozen gel pack.

Serum Collection Instructions for IgG Food MAP with Candida + Yeast and Metals Red Blood Cell Test

1. Review the instructions in the Specimen Requirements table below.
2. Please check the expiration date on all vials. If any have expired, call 913-341-8949 for replacement vials.
3. Call your phlebotomist and make an appointment for a morning blood draw.
4. Hydrate 24 to 48 hours prior to your appointment.
5. Take the kit, including all collected specimens, frozen gel pack, and instructions to your appointment.
6. After collections, place frozen vial(s) into the vial sleeve(s) and seal if applicable. Place vial sleeve(s) into the biohazard zip-lock bag. Insert the absorbent sheet (and the frozen gel pack if applicable), and close.
7. Place sealed biohazard zip-lock specimen pouch into the cardboard box.

Instructions for Phlebotomist

1. Label vial(s) with type of test, patient's full name, birth date, time of collection, and date.
2. Collect blood according to the Specimen Requirements table below and follow the Phlebotomy Instructions included in the Specimen Requirements table.
3. Prepare the sample for shipping.
Samples must be shipped within 24-48 hours after collection.

Specimen Requirements

Panel Name	Vial Requirements	Phlebotomy Instructions
GPL Basic – Serum	1 Royal blue top with EDTA (blue label) 4 mL Whole Blood 	Hydrate 24-48 hours prior to collection. Invert specimen 10 times. Ship on the day of collection. Do not freeze sample.
	1 Gold SST Vial – No Additive 2 mL Serum 	Hydrate 24-48 hours prior to collection. Allow blood to clot at room temperature, upright for 15-30 minutes. Centrifuge for 15 minutes at 1500g. Separate the serum from the cells. Decant or pipette serum into the 5mL plastic transport vials provided and cap tightly. Freeze sample if not shipping on the day of collection.

Preparing and Shipping Specimens

1. Fold and place completed Test Requisition Form in the box and close the lid.
2. Place all urine and blood specimens into cardboard box. The urine and blood samples must be inside the cardboard box, otherwise shipment will be rejected by FedEx.
3. Place cardboard box into the FedEx Clinical Pak bag.
4. Keep record of the shipping/tracking number in the event you would like to track your package.
5. Call FedEx at 1-800-463-3339 to schedule a pickup or take to FedEx location.
Mention you need to schedule a pick-up using a billable stamp. Do not put kits in a FedEx drop box.