



A Urine Collection Instructions Video can be found here: [www.gplurine.com](http://www.gplurine.com)

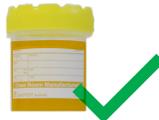
## Before You Begin Collections

NOTE: This kit must be used by qualified medical personnel. NOT FOR HOME USE.

1. Save the cardboard box and place gel pack flat into freezer (for at least 4 hours) to ship the sample back to us.
2. Send the samples off to the lab **Monday through Thursday only**. 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. Fill out the Test Requisition Form completely. Please PRINT clearly. Physician authorization is required.
4. Only use containers supplied by GPL to avoid contamination of specimens.
5. If you have any questions, please call Customer Service at (913) 341-8949 or email [CustomerService@GPL4U.com](mailto:CustomerService@GPL4U.com).

## Urine Collection Instructions (read before you begin)

1. 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.
2. Females, please do not collect samples during menstrual cycle.
3. If pediatric collection bag is necessary, see instructions below.
4. 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.
5. Collect a minimum of 20mL of first morning urine in the collection cup provided.
6. Screw lid on tightly. Print patient's full name, time and collection date on the side of the urine cup.
7. Freeze urine specimen for a minimum of 4 hours before shipping. Keep in freezer until ready to ship. Ship with frozen gel pack.



## Blood Collection Instructions (read before collection)

### Instructions for Phlebotomist

1. **Sample must be shipped within 24-48 hours after collection.** Send the sample off to the lab Monday through Thursday.
2. Collect the appropriate specimen using the guidelines in the table below.
3. Indicate patient's name, DOB, and collection time and date on vials and on the Test Requisition Form. Refrigerate specimen until ready to ship.
4. Prepare the specimen for shipping.

### If your physician does not have a phlebotomist, we suggest:

Alpha Phlebotomy Group.  
 Visit <https://greatplainsphlebotomypartner.yourhealthpro.net/> or call 1-541-664-4382 (6am PST to 8pm EST).  
 Any Lab Test Now. Visit [www.anylabtestnow.com/locations](http://www.anylabtestnow.com/locations) to find a location near you.  
 For other options, please visit [www.GPL4U.com/blooddraw](http://www.GPL4U.com/blooddraw)  
**Phlebotomists often charge a fee for the blood draw, which most insurance companies cover.**

Vial Type	Test (# of vials for test)	Amount per Vial
Royal blue top with EDTA (blue label) 	<b>Metals Red Blood Cell (2 vials)</b>	Centrifuge specimen for 15 minutes at 1500g. Within 1 hour discard plasma and leave RBCs in Blue Top Vials. Ship on the day of collection.  <b>Do not freeze.</b>
Gold SST Vial 	<b>IgG Food MAP with Candida + Yeast (1 vial)</b>	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.

## Preparing and Shipping Specimens (for Phlebotomist)

1. Place urine specimen(s) into the biohazard zip-lock bag along with the absorbent packing sheet. Place the frozen gel pack and urine specimen(s) into the silver thermo bag. Place the silver thermo bag into the box.
2. Place two royal blue top with EDTA vials and serum transport vial in into the vial sleeve and seal. Place vial sleeve into the biohazard zip-lock bag, insert absorbent sheet, and close.
3. Fold and place the completed Test Requisition Form in the outside pocket of the biohazard zip-lock bag containing the specimen.
4. Close the lid. Place the box in the FedEx Clinical Pak and seal. Note the shipping/tracking number if you would like to track the package at [www.fedex.com](http://www.fedex.com).
5. In the United States call FedEx at 1-800-463-3339 for pickup. Mention you need to schedule a pick-up using a billable stamp. Do not put kits in a FedEx drop box.

## Turn Around Time

Please note that most test results take a minimum of **two weeks** to become available after the sample arrives at our facility.