

24-Hour Urine Sample Collection Kit

Sampling Instructions

INST 027_01 ENG

Tests: Neurotransmitter Profile

Keep out of reach of children!

1. Is the sampling kit complete?

Please check if the sampling kit is complete. Each kit includes:

- Sampling instructions
- Medical history form
- Requisition form
- Urine collection tube 30 ml (with coded label). It contains a stabilizing solution (hydrochloric acid). **Caution! The stabilizing solution is caustic! Do not let it come into contact with mucous membranes or skin. Keep out of reach of children. Do not discard the stabilizing solution.**
- Transfer pipette with bulb
- Protective mailing container (white cap) with inserted absorbent material
- Plastic bag marked "Biohazard"
- Ice pack
- Return envelope

If any of the above is missing or damaged, please contact us, and we will send you a replacement kit immediately.

2. How to prepare properly

Four days before the test, discontinue the use of any supplements that you do not take on a regular basis (unless otherwise instructed by your doctor). This includes vitamins, minerals, and trace elements, amino acids, and herbal supplements, including sports and energy drinks, as well as vitamin-enriched waters. If you have been taking any supplement continuously for more than 6 months, and you plan to continue taking it after the test, do not discontinue it (unless your doctor advises otherwise).

Two days before the test and on the day of urine collection, avoid consuming the following foods: legumes, kale, sweet potatoes, mushrooms, beets, spinach, grapefruit, prunes and fruit juices, wine, rice, and chocolate.

24 hours before the test and on the day of collection, do not consume coffee, tea, or caffeinated soft drinks, and do not smoke. Follow your usual diet and drink your normal amount of water, without excess. Completely avoid alcohol consumption. Avoid intense physical activity.

Do not discontinue your prescribed medication without consulting your doctor!

Do not collect urine or proceed with this test if you are **menstruating** or have a **urinary tract infection**. If it is essential to perform the test during your menstrual period, a tampon must be used during urine collection.

To assess neurotransmitter levels in urine, a 24-hour urine collection is required. It is recommended that you plan the 24-hour collection on a day when you will remain at home, e.g., Sunday.

Attention! You will need to purchase a 24-hour urine collection container from the pharmacy, as it is not included in this kit.

3. Collection Instructions

1. Make sure that you sleep at least 6 to 8 hours the night before the test.
2. The 24-hour collection period begins in the morning with the **first urination**. This urination is **discarded**. All urine over the next 24 hours must be collected in the container, which should be kept in a cool place (preferably in the **refrigerator**). The 24-hour collection is completed **the next day**. The first urination of that day is collected in the container, marking the completion of the collection procedure.
3. After the urine collection is complete, place the container on a flat surface. Read the urine **volume** on the side of the container and record the total volume on the test requisition form.
4. Next, **gently shake** the container to mix its contents. Using the suction pipette, transfer urine into the **collection tube** until the tube is half full. Tightly close the tube with its cap.
5. Place the tube upright in the **freezer** at -20°C until the day of shipment, or for at least 6 hours before shipping if the shipment will take place on the same day as the sample collection.

If a urination is missed, the test must be stopped and a new 24-hour period started.

4. Sending the samples

Place the **ice pack** in the freezer for at least 8 - 10 hours before shipping the sample.

Please seal the protective mailing container containing the **sample collection tube** and place it inside the "Biohazard" plastic bag. Then, please put it in the packaging box, along with the ice pack, and the **completed forms** (medical history form and requisition form).

Place the box in the return envelope, call your **local ACS Courier representative**, and send the sample to Diagnostiki Athinon at the recipient's expense.

If you are **outside Greece**, please **phone or email Diagnostiki Athinon** so we can send you the necessary return forms and arrange your appointment with the **local DHL / FedEx representative**.

>> **Send the sample immediately after collection**

>> **Do not send the sample on Fridays or the eve of holidays**