



Welcome To Your Test Kit

You have chosen to do a Oxidative Damage (8-OHdG) 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.

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Styrofoam insulating sleeve
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Gel freezer pack
- 1 x DHL bag
- 1 x DHL shipment waybill
- 2 x Pro-forma invoices (**these are only included if you are shipping from a non-EU country**)

Collection Materials

- 1 x Resealable plastic bag
- 1 x Specimen collection cup
- 1 x Specimen vial
- 1 x Absorption pad

If any items are missing or expired, please call +44 (0)1580 201687 or email testkits@nordicgroup.eu.



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 requires a urine collection first thing in the morning and the specimen must be frozen prior to shipment. Plan your collection so that you can ship the specimen the same day you collect it.

Important notes

- Never discontinue prescription medications without first consulting your practitioner.
- 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.
- The test requires no special diet and you do not need to discontinue taking medications or dietary supplements, unless instructed otherwise by your practitioner.

Collection Procedure



Step 1:

Collect your first morning urine into the specimen collection cup as soon as you wake up.



Step 4:

Tighten the screw cap securely.



Step 2:

Write your full name and date of collection on label attached to the vial.



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 sample, along with your height and your weight.



Step 3:

Pour the urine into the specimen vial. Fill the vial up to the top of the label.



Step 5:

Place the specimen vial into the resealable plastic bag, then place into the freezer along with your gel freezer pack until frozen solid (usually about 6 hours).

Shipping Preparation

When to schedule your shipment

- Ship your samples as soon as possible. If you cannot ship the sample the same day you complete the collection, such as over a weekend or holiday, keep the resealable plastic bag containing the specimen vial, and the gel freezer pack in the freezer until you are ready to ship. DO NOT store for more than three days.
- Schedule your shipment so that your sample arrives at 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.
 - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Take the gel freezer pack and resealable plastic bag containing the specimen vial from the freezer.
 - Place the frozen gel freezer pack into the bottom of the styrofoam insulation sleeve, then place the resealable bag containing the frozen specimen on top of the gel freezer pack, and place it into the supplied box, along with the completed Personal Information Form.
 - Place the box in the DHL bag and ship (see Shipping Instruction).