

Shipping Preparation

When to schedule your shipment

- Ship your samples as soon as possible. If you cannot ship the samples the same day you complete the collection, such as over a weekend or holiday, keep the padded envelope containing the specimen vial in the refrigerator until you are ready to ship. Do not store for more than three days.
- Schedule your shipment so that your samples arrive 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, and that you have noted if you have done a timed, or a FMV/random collection.
 - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Take the padded envelope containing the specimen vial and from the refrigerator, and place it into the supplied box, along with the completed Personal Information Form.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



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Welcome To Your Test Kit

You have chosen to do a Urine Toxic Metals & Elements 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 Padded envelope
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma invoices (**these are only included if you are shipping from a non-EU country**)

Collection Materials

- 1 x Bio-hazard bag
- 1 x Specimen collection cup
- 1 x Specimen vial
- 1 x Absorption pad
- 1 x Clear collection container

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

Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

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 kit takes 8 hours or less to complete, depending on your practitioner's instruction.

Important notes

- Never discontinue prescription medications without first consulting your physician.
- Fish and shellfish contain relatively high levels of mercury and arsenic. It is recommended that you omit fish and shellfish from your diet for one week prior to collecting the urine specimen.
- Unless otherwise instructed by your practitioner, you should also refrain from taking non-essential medications or dietary supplements and gadolinium-based contrast medium (used in MRI) for 48 hours prior to, and during the specimen collection.
- 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.

Collection Procedure

Follow Collection Instructions A, or B as directed:

- If your practitioner tells you to collect your urine for a timed period (less than 8-hours in duration).
- If your practitioner tells you to collect a first morning void (FMV) or a random urine sample.

Collection Instructions A (timed urine collection less than 8 hours)



Step 1:
Empty your bladder before the collection period begins.



Step 2:
Keep the container in a refrigerator until you are finished with your collection.



Step 3:
Write your full name and date of collection on the label attached to the vial.



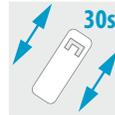
Step 4:
On the Personal Information Form, verify that the information is correct and edit if needed. Please ensure that you note the date that you finish your sample and your height and your weight. Please also note that you have done a 'Timed collection' and note the number of hours you collected your sample over.



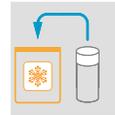
Step 5:
Collect all urine up to and including the last urination of the prescribed time period. Collect each urination in the specimen collection cup then pour the urine into the clear urine collection container.



Step 6:
If your sample was part of a provocation, please tick the box 'pre' or 'post' on the vial.



Step 7:
Mix the urine by shaking the clear urine collection container for at least 30 seconds then pour the urine into the specimen vial. Fill the specimen vial to the top of the label and tighten the screw cap securely.



Step 8:
Place the specimen vial into the bio-hazard bag, and then into the padded envelope.

Collection Instructions B (FMV/random collection)



Step 1:
Write your full name and date of collection on the label attached to the vial.



Step 2:
Collect a single urination into the specimen collection cup.



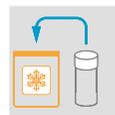
Step 3:
Pour the urine into the specimen vial. Fill the vial up to the top of the label and then tighten the screw cap securely.



Step 4:
On the Personal Information Form, verify that the information is correct and edit if needed. Please ensure that you note the date that you finish your sample and your height and your weight. Please also note that you have done a 'FMV/Random collection' and note the time you collected your sample.



Step 5:
If your sample was part of a provocation, please tick the box 'pre' or 'post' on the vial.



Step 6:
Place the specimen vial into the bio-hazard bag, then place this into the padded envelope.