

Shipping Preparation

When to schedule your shipment

- Ship your sample on the same day you finish your collection. If you cannot ship your sample the same day you complete the collection, keep the Urine sample tube and gel freezer pack in the freezer until you are ready to ship. Do not store for more than ONE day. Your sample must be shipped to us within 24 hours. Failure to do this may result in you having to recollect. **Important:** Ensure that both the gel freezer pack and your sample are completely frozen prior to shipping (usually around 6 hours).
- You must only ship to us on a Monday or Tuesday. If you are not able to arrange a collection for Monday then you may ship on Tuesday, but no later.

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/Commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Retrieve the bio-hazard bag containing your sample and gel freezer pack from the freezer.
 - Place the bag into the supplied padded envelope, along with the completed Personal Information Form and seal.
 - Place the padded envelope into the supplied box, place the box in the return shipping bag and ship (see Shipping Instruction).



Urine Thyroid Hormones T3/T4 & Iodine

ENG

Welcome To Your Test Kit

You have chosen to do a Urine Thyroid Hormones T3/T4 & Iodine 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 Shipping Instruction
- 1 x Personal Information Form
- 1 x Gel freezer pack
- 1 x Padded envelope
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma/Commercial Invoices (**only included if you are shipping from a non-EU country**)

Collection Materials

- 1 x Urine sample tube
- 1 x Pipette
- 1 x Label
- 1 x Disposable glove
- 1 x Peecontainer urine collection device
- 1 x Orange collection container with ascorbic acid preservative
- 1 x Bio-hazard bag
- 1 x Absorbent pad

If any items are missing or expired, please call +44 (0)15 80 20 16 87 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.



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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 is to be taken over the course of 24 hours, starting with your second urination of the day and it must be shipped back the same day that you finish collection.
- You must ONLY collect your sample on a Sunday or Monday and ship back the following day.
- Do not ship any later than Tuesday.

Prior to collection

- It is essential to avoid excessive fluid intake for the duration of collection. Aim to drink no more than an average fluid intake of 1.5 litres, spread throughout this time.

If you are taking any supplements

- Discontinue all non-essential medications and dietary supplements, unless instructed otherwise by your practitioner.
- Abnormal kidney function or use of diuretics may influence test results. This test should not be performed on individuals with kidney disorders. In addition, certain medicines may impact test results [e.g. cephalosporins, cimetidine (Tagamet), fibrates (e.g. Ciprofibrate) and trimethoprim-sulfamethoxazole]. Let your practitioner know about your use of these medications.
- Never discontinue prescription medications without consulting first your physician.

Important notes

- Do NOT collect urine during menstruation.
- If you are experiencing a urinary tract infection, delay collecting your sample until after completing treatment.
- Place the gel freezer pack into the freezer the night before you start your collection.

CAUTION

- Be aware that the collection jug contains a small amount of Ascorbic Acid as a preservative. DO NOT RINSE. Avoid contact with the eyes or skin. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest powder.

Collection Procedure

On first day, discard the first urination after rising. Collect all subsequent urinations for the next 24 hours using your peecanter urine collection device, including your first urination of the next day.



Step 1:

Begin your collection with your second urination of the day and collect all urine up to and including the first morning urination of the following day. Put on the glove and collect each urination into the peecanter collection device then pour into the orange collection container. Do not rinse the peecanter with tap water or clean it with a cloth or paper.



Step 2:

Recap the orange collection container and mix gently. Keep the orange collection container in a refrigerator until you are finished with your 24-hour collection. Refrigerate orange collection container (keep it cool) throughout 24 hour collection period.



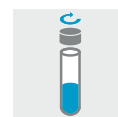
Step 3:

After all urine has been collected, place the orange collection container on a level surface and read the volume from the markings on the container (ml). 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 weight. Also note the total volume of urine collected (in ml).



Step 4:

Mix the urine in the orange collection container by shaking the container for at least 30 seconds then use the pipette to transfer urine from the collection container into urine sample tube until it is nearly full. Tighten the screw cap tightly and dispose of the remaining urine.



Step 5:

Screw the cap tightly onto the urine sample tube and dispose of the remaining urine.



Step 6:

Write your name, date of birth, gender, and collection date on the label attached to the urine sample tube.



Step 7:

Place the urine sample tube into the bio-hazard bag. Place the bio-hazard bag containing the sample and the gel freezer pack into the freezer until ready to ship.