



The Great Plains Laboratory, Inc.

- Organic Acids (OATS)
 - GLP-TOX
 - Glyphosphate
 - GPL - MycoTOX

This test kit / test instructions cover all of these
FIRST MORNING VOID tests.



First in Nutritional and Environmental Medicine

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Patient Check List

Please read and understand the below requirements before you begin

Verify You have all Kit Contents:

- 1 Test Requisition Form
- 1 Cardboard Box – please save and refer to shipping instructions
- 1 Urine Specimen Jar
- 1 Zip-lock Bag
- 1 Silver Thermo Bag
- 1 Freezer Pack (Polar Pack Gel)
- 1 Absorbent Material
- 1 Pre-paid Courier Bag

Place the **Freezer Pack** into the freezer.

To avoid dilution of the specimen, limit liquid intake starting at 6pm the night prior to collection period.

Female patients should not collect urine during a menstrual period.

GPL MycoTOX only

First morning void before food or drink is suggested. Fasting for 12 hours may increase the excretion of mycotoxins from the adipose tissue. However, fasting is not recommended if running this test in combination with other urine tests.

48hrs BEFORE Collection

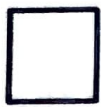
If completing the '**Organic Acids Test**', please refrain from consuming the following for a minimum of **48 hours** prior to collection:

Fruit Juice, Jelly, Bananas, Apples, Pears, Plums / Prunes,
Cranberries, Kiwi, Pineapple, Avocado, Walnut, Pecan,
Arabinogalactan, Echinacea, Reishi Mushrooms and Ribose
Supplements

Please refrain from taking non-essential medications / supplements **48 hours** prior to and during the specimen collection, as authorised or alternatively advised by your practitioner.


THIS TEST IS A FIRST MORNING URINE COLLECTION.

Best Day To Collect



Ideally, complete test by Sunday and ship on Monday (after an overnight freeze)

First Morning Urine Collection

- 1.** Fill out the **Test Requisition Form (PRINT CLEARLY)** and sign it.
The test cannot be performed without a properly filled out Requisition Form.
 - 2.** When you arise, collect your first morning urination into the **Urine Specimen Jar** BEFORE eating or drinking.
Fill the **Urine Specimen Jar** up to the top of the white label and then tighten the screw-cap securely. Do not overfill **Urine Specimen Jar**.
 - 3.** Urine must be yellow in colour, if urine is clear the sample is too dilute and you will need to collect a new sample. You will need a fresh **Urine Specimen Jar**.
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- 4.** Write the patient's name, the date and time of collection, and the patient's date of birth on the **Urine Specimen Jar**.
The test cannot be performed without the patient information on the Urine Specimen Jar. Ensure the patient name on the **Urine Specimen Jar** is identical to the **Test Requisition Form**.
 - 5.** Place the **Urine Specimen Jar** with the **Absorbent Material** inside the Zip-lock Bag. Place the **Test Requisition Form** in the outer sleeve of Zip-lock Bag.
 - 6.** Place the **Freezer Pack** and Zip-lock Bag into Silver Thermo Pack and place in the freezer overnight (sample needs to be frozen solid)

SHIPPING INSTRUCTIONS ON NEXT PAGE

Organise Shipping

- 1.** To ship specimen, retrieve the Silver Thermo Bag from the freezer (containing the frozen specimen, freezer pack and test requisition form). Place into the cardboard box, and put the box into the Pre-Paid Courier bag and then send to FxMed.
- 2.** Ideally complete test on Sunday morning. Freeze overnight and then send to FxMed, first thing Monday morning so we receive it by Tuesday. We then courier all samples to Great Plains Lab on Wednesday morning every week.
- 3.** Please call NZ Courier on 0800 800 841, when your sample is ready to be picked up. Tell the operator you have a "Pre-Paid Pickup" and give your location and, for your convenience, check as to what time they will pick up.
Please note: if you are a rural customer, the courier may not be able to collect the sample directly from your property so you may have to drop your sample off at the nearest courier depot.

South Island patients – Please inform the courier that you have an urgent pick-up



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