Urine Neuro-Biogenic Amines

Before You Start:
Please read all of the directions, and familiarize yourself with the collection procedures.

Many alterations in physiologic, pathogenic, and environmental factors can affect neurotransmitter concentrations. For 3 days before and during the collection avoid eating avocados, eggplant, tomatoes, bananas, melons, pineapple, grapefruit, plums and nuts. During the morning of collection avoid strenuous exercise, alcohol, coffee, tea, tobacco or any nicotine containing product. It is preferable to be off supplements and medications, including those that regulate allergy, mood, sleep, pain, and inflammation. Never discontinue prescription medications without first consulting your physician.

Female patients should not collect urine during a menstrual period.

Verify Kit Contents:

1) Polar gel ice brix
2) Styrofoam insulating shell
3) Specimen collection cup (shipped separately from box)
4) Specimen vial with oxalic acid powder*
5) Zip-lock bag with absorbent material
6) Test requisition form
7) FedEx Clinical Pak with Prepaid Billable Stamp
8) Orange 24-hour urine collection container (only included with 24 hour collection kits)

*Vial contains approximately 60 mg of oxalic acid. Do Not Ingest Or Inhale.

Do not use a drop box. FedEx will not accept specimens placed into a drop box.

If you are missing kit components, please call Doctor’s Data’s Customer Service department for assistance.

Save the cardboard collection kit box to ship your samples back to the laboratory. Leave the absorbent material in the zip lock bag. Do not put it in the specimen vial.

US FedEx Shipping Instructions

1) Ship specimens Monday through Friday. If you complete the collection on the weekend, hold the specimen until the following Monday to ship.

2) Place the cardboard kit box containing the specimens and the completed test requisition form into the FedEx Clinical Pak.

3) Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records.

4) To schedule a pickup, call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). When you hear the automated greeting, say “Schedule a Pick-up.” At the next prompt, say “Schedule a Pick-up with a Label or Stamp.” You will then be asked if the word “Stamp” is written on the waybill; reply “Yes”. You will be asked if your pickup location is a residence or a business; respond with your location type. You will then be prompted for your address information.

US & CANADA: 1.800.323.2784 - UK: 0871.218.0052
ELSEWHERE: 1.630.377.8139 - FAX: 1.630.587.7860
3755 Illinois Avenue, St. Charles, IL USA 60174-2420
inquiries@doctorsdata.com - www.doctorsdata.com
Step 1. Collect Urine

Follow Collection Instructions A, B, or C as directed:

A. First Morning Collection
A1) When you wake up and get out of bed for the day, urinate into the supplied specimen collection cup. Pour the urine into the specimen vial. Fill the vial to the fill line - do not underfill. Tighten the screw cap securely and invert 5 times to mix urine with the preservative.
A2) Write the patient’s name, birth date, and date and time of collection on the label on the tube.
A3) In the collection information section of the requisition form (located in the upper right hand corner) fill in the date and time the urine was collection, your height and weight, and check the box marked First Morning Collection.
A4) Place the vial into the zip-lock bag, then place the bag and the gel ice brix into a freezer until frozen (usually about 4-6 hours).

Go to step #2.

B. Second Morning Collection
B1) When you wake up and get out of bed for the day, urinate into the toilet and flush the urine - do not save this urine. Wait 2 hours before collecting the next urine. Do not eat or exercise during this time. A small amount of water is okay.
B2) After 2 hours, urinate into the specimen collection cup. Pour the urine into the specimen vial to the fill line - do not underfill. Tighten the screw cap securely and invert 5 times to mix urine with the preservative.
B3) Write the patient’s name, birth date, and date and time of collection on the label on the tube.
B4) In the collection information section of the requisition form (located in the upper right hand corner) fill in the date and time the urine was collected, your height and weight, and check the box marked Second Morning Collection.
B5) Place the vial into the zip-lock bag, then place the bag and the gel ice brix into a freezer until frozen (usually about 4-6 hours).

Go to step #2.

C. 24-Hour Collection
This collection consists of collecting urine throughout a 24-hour period.

C1) When you wake up and get out of bed for the day, urinate into the toilet and flush the urine - do not save this urine. Begin the 24-hour collection with the second urination and collect all other urine up to and including the first morning urination of the following day. Collect each urination in the specimen collection cup, then pour the urine into the large orange 24-hour collection container. Keep the urine cold during the 24-hour period (in a refrigerator or cooler).
C2) 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. In the collection information section of the test requisition form (located in the upper right hand corner) fill in the date and time you finished the collection and your height and weight. Check the box marked 24-hour Collection and fill in the total volume collected.
C3) Write the patient’s name, birth date, date of collection and 24-hour volume on the label of the tube.
C4) Mix the urine by shaking the orange container. Pour the urine into the specimen vial to the fill line - do not underfill. Tighten the screw cap securely and invert 5 times to mix urine with the preservative.
C5) Place the vial into the zip-lock bag, then place the bag and the gel ice brix into a freezer until frozen (usually about 4-6 hours).

Go to step #2.

Step 2. Complete Test Requisition and Prepare to Ship

Fill out the test requisition form completely and sign it. The test cannot be performed without a properly filled out requisition. On the day of shipment, retrieve the bag containing the frozen specimen and the gel ice brix. Place the frozen gel ice brix into the bottom of the styrofoam insulation shell, then place the zip-lock bag containing the specimen on top of the gel ice brix. Close the styrofoam shell and place it into the cardboard shipping box. Place the completed requisition form in the cardboard shipping box and close. The specimen is now ready for shipment.

To obtain the best results, Doctor’s Data recommends shipping specimens as soon as possible. If you cannot arrange shipping on the same day you finish the collection, such as over a weekend or holiday, keep the specimen in the freezer until you are ready to ship the test collection kit.

Consult your physician if you have any questions during the test collection process.