



## Welcome To Your Test Kit

You have chosen to do an Advanced Gut Health Screen UrineTest 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.

**Please read the instructions carefully and follow them step by step.** In this kit you will find all the material needed for your collection. 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](mailto:info@nordic-labs.com).

## Check Your Kit

### Shipping Materials

- Box containing the collection kit (**keep this box for returning your samples**)
- Shipping Instruction
- Personal Information Form
- Padded envelope
- Small Gel freezer pack
- Return shipping materials

### Collection Materials

- 1 x White-capped vial (the inside of the vial is coated with transparent thymol preservative which is not visible to the eye)
- 1 x Pipette
- 1 x Label
- 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](mailto: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 from your morning urine and on an empty stomach.

### Prior to collection

- The urine test should be done before you start a casein and gluten free diet.
- Two weeks before the test is done please eat a lot of dairy and wheat products such as bread, milk, cheese, yoghurts, pasta, muesli etc.
- You must fast for 12 hours prior to collection. Drink only water when necessary.
- **IMPORTANT NOTES:**
  - Do NOT Collect urine during menstruation.
  - Be aware that the vial contains preservative. DO NOT RINSE.

## Collection Procedure



### Step 1:

Empty your bladder before going to bed at night (DO NOT collect this urine).



### Step 2:

Write your name, date of birth, gender, and collection date on the label and attach it to the white-capped vial. Also note date of collection on the Personal Information Form.



### Step 3:

Collect urine (if any) during the night and first morning urine into a clean container (such as a clean cup or jar).



### Step 4:

Transfer urine, using the disposable pipette, into the white capped vial to the 10ml mark (DO NOT OVERFILL).



### Step 5:

Screw the cap tightly onto the vial and dispose of the remaining urine.



### Step 6:

Place the plastic vial containing your sample and gel freezer pack into the bio-hazard bag and seal.



### Step 7:

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

## Shipping Preparation

### When to schedule your shipment

- Ship your sample as soon as possible. Preferably within 48 hours of collection. **Important:** Ensure that both the gel freezer pack and your sample are completely frozen prior to shipping (usually around 6hrs).

### When you are ready to ship

- Ensure that you have provided the following information:
  - Personal Information Form: make sure the form is completed.
- Prepare your shipment:
  - Retrieve the bio-hazard bag containing your sample and gel freezer pack from the freezer.
  - Place the bio-hazard bag into the supplied padded envelope, along with the completed Personal Information Form and seal.
  - Place the padded envelope into the supplied box, then place the box in the return shipping bag and ship (see Shipping Instruction).