



# TEST COLLECTION INSTRUCTIONS

## URINE

OAT  
MOAT  
TOXDetect  
Glyphosate  
Mycotox Profile



Dear patient,

Congratulations on taking this positive action for your health!

These instructions contain everything you need to know about collecting your sample. Please make sure you read them carefully before planning your collection.

For more information & FAQs on conducting your test, please visit [www.RNLabs.com.au](http://www.RNLabs.com.au) and click on **Patient Resources**.

If you have further questions relating to billing or shipping, you can contact us during business hours (AEST) by calling 1800 110 158 or email [Testing@RNLabs.com.au](mailto:Testing@RNLabs.com.au) and we will be happy to assist.

*Please note, we are unable to assist you with questions relating to your healthcare, such as why you have been prescribed this test. Please contact your practitioner for any such questions.*

Thanks for your understanding.  
The RN Labs Team



## STEP 1: Check Kit Contents

Please check kit's expiry date and that you have each item below.

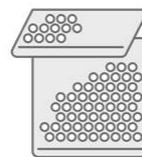
(If you are missing any kit contents, please call RN Labs on 1800 110 158.)



Requisition  
Form



Collection Cup



Silver Thermo Bag



Ice Pack



Test Kit Box



Clear Biohazard  
Zip-Lock Bag



Shipping  
Laboratory Pack






Absorbent Packing  
Sheet



## STEP 2: Prepare for the Test

- BEFORE COLLECTION: Ensure that the sample is collected between Sunday - Monday and is being posted on Monday only. Do not post sample Tuesday - Sunday.
- Please read all of the instructions twice before beginning. Incorrect collection may result in inaccurate results or rejection.
- Only use provided collection cup to avoid contamination of specimen.
- If menstruating, avoid contamination of sample as this may interfere with test results. You may need to wait before collecting. Samples that are visibly contaminated with blood (red, pink, or brown in color) will be rejected and a new sample requested.
- TIP - Place the Collection Cup and these instructions in the bathroom you intend to use to collect the samples in the morning.
- Place the flattened ice pack in your freezer, so it will be ready to ship with your specimen.
- If collecting for Mycotoxin Test - Fasting 12 hours before collecting your sample may increase the level of detectable mycotoxins and improve the sensitivity of the test.

### DISCONTINUE THE FOLLOWING

 <p>4 days before test</p>	<p><b>TOXDETECT PROFILE ONLY - 4 Days Prior To And During Collection:</b></p> <p>If you are taking the antibiotic Cephalexin (Cefalexin, Keflex, Bio-Cef, Novo-Lexin), please wait a minimum of four days after the last dose to collect your urine sample.</p>
 <p>2 - 3 days before tests</p>	<p><b>OAT AND MOAT TEST ONLY - 2 Days Prior To And During Collection:</b></p> <p>Avoid the following foods for 48 hrs prior to collecting specimen as they may interfere with the test outcome.</p> <ul style="list-style-type: none"> <li>• Apples, apple juice and products</li> <li>• Grapes, grape juice and products (including raisins)</li> <li>• Pears, pear juice and products</li> <li>• Cranberries, cranberry juice and products</li> <li>• Reishi Mushrooms or Echinacea</li> <li>• Arabinogalactan or Ribose Supplements</li> </ul> <p><b>MYCOTOX/TOXDETECT PROFILES ONLY - Avoid 3 Days Prior To And During Collection:</b></p> <ul style="list-style-type: none"> <li>• Glutathione, Bentonite Clay or similar binders, Charcoal</li> </ul> <p>If taking Mycophenolate Mofetil (CellCept/Mycofortic) please be sure to check the appropriate box on the Test Requisition Form.</p>
 <p>2 days before tests</p>	<p><b>FOR ALL PROFILES -</b> Non-essential medications and supplements should be discontinued 2 days prior to sample collection</p> <p><i>Consult your practitioner for specific instructions before stopping any medications. Never discontinue prescription medications without first consulting your doctor.</i></p>

#### For best results:

Post specimen as soon as possible. If specimen is unable to be posted the day that collection is completed, please freeze specimen until ready to be posted (only post sample on Monday).

Retain the cardboard Kit Box for return shipping of samples



## STEP 3: Collection of Sample

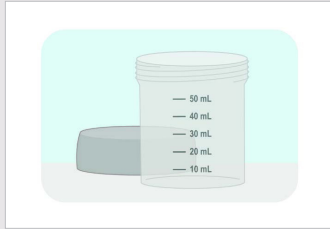
- Collect your **first urine** specimen in the morning before eating or drinking.  
(This will ensure the most concentrated sample)
- DO NOT eat or drink prior to collecting your sample.

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### CHECK VOLUME REQUIRED

Look at the volume markings on the side of the collection cup.

You will need a **minimum of 10 mL** for each test on the order.



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### CHECK TEST TYPE

Verify how many tests have been ordered, so you know how much sample to collect.

Check Requisition Form or contact your practitioner to find this information.



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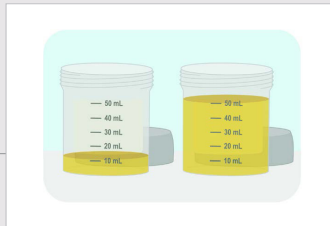
### COLLECT SAMPLE

Collect your first morning urine sample, in the provided collection cup.

Please collect at least the minimum amount of urine required for the number of tests on your order.

Collecting more than the minimum is recommended, but not required.

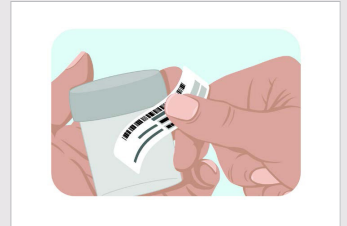
Pour off anything above 50mL indicator line to prevent leaking once frozen.



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### LABEL SAMPLE

Locate and complete the barcode sheet in your test kit. Place one barcode sticker on each collection sample.



Be sure that the information is legible and includes the **COLLECTION DATE, TIME**, and that the **NAME** matches what was provided on the test order.

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### AFTER COLLECTION FREEZE SAMPLE

Ensure lid on collection cup is sealed tightly.

Ensure each sample has the completed barcode sticker.



Place the collection cup in your **freezer** for at least **four hours or until frozen**. Tick the box on the barcode label to indicate that the sample has been frozen.

NOTE: Ensure all samples are labelled.  
(Unlabelled samples will be rejected)

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### SEND YOUR SAMPLE

Place the completed Requisition Form into the cardboard box.

Proceed to the Postage Instructions on next page.



## STEP 4: Send to RN Labs

BEFORE PACKING, AVOID THE SAMPLE BEING REJECTED.

Sample rejection means you will need to re-collect your sample at an additional cost of \$50.

- Ensure that all sample collection and storage requirements have been adhered to correctly.
- Ensure all fields on **Requisition Form** and **Sample/s** are correctly labelled.
- ENSURE YOU HAVE RECEIVED AN AUSTRALIAN POST EXPRESS POST COURIER BAG.**
- Please note that RN Testing is closed from mid December to the first week of January. Do not post samples during this time.



### Postage Instructions

1. Ensure that the sample is collected between Sunday or Monday and sent by Monday at the latest. Do not send samples on any other day of the week.

NOTE: If the sample cannot be sent on Monday, freeze sample and send the following Monday.

2. Complete all fields on the **Requisition Form** clearly and pack into the Test Kit Box. (Failure to do so, or unclear handwriting, will result in a delay and/or sample rejection).
3. Ensure the sample is labelled correctly with the patients **COLLECTION TIME, DATE** and **NAME**. The test cannot be performed without the patient information on the collection cup/s.

**ONLY PACK THE SAMPLE JUST BEFORE LEAVING FOR DROP OFF.**

4. Once ready for drop off, remove the Sample/s from the freezer and place Sample and the Absorbent Packing sheet into the Biohazard Zip-Lock bag.
5. Place the sealed Biohazard Zip-Lock bag into the Silver Thermo Bag alongside the Frozen Ice Pack.
6. Then place Silver Thermo bag alongside the Requisition Form into the Test Kit Box. Close the lid.
7. Place the cardboard box into the Express Post Satchel, just before taking the sample for drop off.
8. Drop off the sealed Satchel at your local post office (NOT post box) **before 2pm** on a Mon.