

AMINO ACIDS PROFILE

SPECIMEN COLLECTION INSTRUCTIONS

THIS SPECIMEN COLLECTION KIT CAN BE USED FOR THE FOLLOWING TEST(S):

0012 AMINO ACIDS 40 - Urine

PLEASE NOTE:

*All patient specimens require two unique identifiers
(patient's name and date of birth), as well as date of collection.*

Patient's first and last name, date of birth, and date of collection must be recorded on the Test Requisition Form as well as all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.

SPECIMEN

24-hour Urine, 10 ml, frozen

COLLECTION MATERIALS

- Urine collection container
- Yellow cap plastic vial
- Disposable pipette

SHIPPING MATERIALS *

- Absorbent pad
- Ice pack
- Test Requisition Form
- Biohazard bag with side pocket
- Specimen collection kit box
- FedEx® Express Clinical Lab Pak and Billable Stamp

**Shipping materials may differ outside of the U.S. Please see your shipping instructions for details.*



Call 800.221.4640 or visit our website at www.metamatrix.com

Please read all instructions carefully before beginning.

PATIENT PREPARATION

- It is best to **ship your specimen within 48 hours of collection**. Please refer to the enclosed shipping instructions **before** you collect to determine what days you can ship your specimen.
- **DO NOT** collect urine during menstruation or when you have a cold, fever, flu, or urinary tract infection.
- **PATIENT DIETARY RESTRICTIONS:**
For four days prior to your sample collection, do not take any amino acid or protein supplements. Other supplements may be continued. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.
- Eat a low protein diet—reduce intake of meat, fowl, fish, and eggs, unless your healthcare provider instructs you differently.

URINE COLLECTION

1. **WRITE** patient's first and last name, date of birth, and date of collection on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as on yellow cap plastic vial, using a permanent marker.
 2. **COLLECT SECOND** (NOT FIRST) morning urine into the collection container.
- NOTE:** If you work a night shift, note the time of day you start the collection and then stop your collection at approximately the same time the next day.
3. **COLLECT** all urine for the next 24 hours (or as directed by your healthcare provider) into the same urine collection container, including the first morning urine of the next day. It is not necessary to refrigerate urine for this time period.
 4. **SECURE** cap **TIGHTLY** on collection container and set upright on a flat surface.
 5. **READ THE TOTAL VOLUME** (amount) of urine by looking at where the urine level is in relation to the nearest ML mark. The marks are located along the outside of the collection container.

6. **RECORD** the total volume of 24-hour collection urine by “Total Urine Collected” on the Test Requisition Form under section #4 “Test Information.”
7. **INVERT** the collection container **GENTLY** 6-10 times to mix. Slight leakage may occur while mixing. Uncap for transfer.
8. **PIPETTE** urine, using a fresh disposable pipette, from the collection container into the yellow cap plastic vial to the 10 ml mark (**DO NOT OVERFILL**). Screw the cap on tightly.
9. **DISPOSE** of the remaining urine and collection container.
10. **FREEZE** the yellow cap plastic vial and the ice pack.

SPECIMEN PREPARATION

1. **PLACE** the frozen urine specimen, frozen ice pack, and absorbent pad into the biohazard bag.
2. **STAPLE** payment to the bottom right-hand corner of the completed Test Requisition Form. **FOLD** and **PLACE** them in the side pocket of the biohazard bag.
3. **SEAL** the biohazard bag; **PLACE** it into the specimen collection kit box and close the box.

CHECKLIST (PRIOR TO SHIPPING)

1. **VIAL**
 - Patient's first and last name, date of birth, and date of collection are written on vial
 - Vial cap is secured tightly
2. **FROZEN**
 - Yellow cap plastic vial
 - Ice pack
3. **TEST REQUISITION FORM WITH PAYMENT**
 - Test Requisition Form is complete
 - Payment is included