

After collecting your urine sample and it having been kept refrigerated until ready to be forwarded to NutriPATH Pathology, attend the pathology collection centre as early as possible in the morning (with your blood collection kit) to have the blood specimens collected.

## BLOOD COLLECTION LABORATORIES

Nutrisearch has blood collection arrangements in place with several laboratories throughout NZ (refer to the attached list for locations of collection centres in NZ).

A blood collection fee is payable direct to the laboratory for collection of the specimen – please enquire at the collection laboratory for this cost.

## **PART 2 PATHOLOGY COLLECTOR INSTRUCTIONS**

1. Confirm the patient has fasted for this test and note it down on the request form.
2. Prior to sample collection, all sample vacutainers must be labelled with
  - **patient first name/surname**
  - **date of birth**
  - **time and date of collection**
3. The pathology collector must collect full vials - 2 x SST, 2 x Na Heparin, 1 x EDTA, 1 x Citrate and 1 x K2EDTA (clear tube).  
*The blood MUST be collected using the tubes provided inside this collection kit.*
4. The 2 x SST tubes, 1 x K2EDTA (clear tube) are to be centrifuged.
5. The 2 x Na Heparin, 1 x EDTA and the 1 x Citrate tube DO NOT require centrifugation.
6. Return all samples to the patient for shipping.

## **SENDING SAMPLES TO LABORATORY INSTRUCTIONS**

1. Ensure all Vacutainer lids are screwed on tightly so they do not leak in transit.  
Place the Vacutainers into the plastic transport container.  
Slide the plastic container into the cardboard tube and close lid.  
Place the cardboard tube into the sealed section of the specimen transport bag.
2. Ensure that your test request form has been correctly filled out and all patient information is correctly stated. This includes full patient name, date of birth, residential address and telephone number.  
Once completed, place into the unsealed section of the specimen transport bag.
3. When your sample is ready to be transported, please ring the courier number provided on the pre-paid return bag.  
**Please advise this is a medical specimen.**  
Alternatively, you can drop the package to your **nearest agent**.  
(Record the “customer” number on the front right of the track pack.  
This is your record to track delivery)

### **GENERAL DISCLAIMER**

We recommend that you always seek the advice of a qualified health care practitioner regarding any medical or health related diagnosis or treatment before acting on this test information. Nutrisearch does not provide clinical advice on test selection or interpretation of testing for wellness testing to patients, nor does it provide diagnosis, treatment or medical advice. Nutrisearch is not liable to you or anyone else for any loss or negative consequence caused in whole or in part by interpreting, delivering or reporting information through the utilizing of laboratory testing services. In no event shall we be liable to you or any other party for any decisions made or action taken or not taken by you in reliance on such information.

*Thank you for your request. Results will be forwarded to your referring practitioner upon completion. All testing is performed by NutriPATH Pathology.*



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# Nutri-STAT

## Collection Instructions

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### COLLECTION REQUIREMENTS

**If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 0800 88 44 33 who will clearly explain the procedure.**

**Before proceeding, please read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.**

### **IMPORTANT PRE-COLLECTION INFORMATION**

- **COLLECT THE SAMPLES ONLY ON A MONDAY OR TUESDAY MORNING.**
- Fasting for a minimum of 8-10 hours prior to collection is required.
- 4 days before the test, all supplements including protein powders must be discontinued.
- 2 days before the test discontinue creatine, alpha-ketoglutarate and malic acid supplements, as well as citrate, malate or orotate forms of minerals.
- 2 days before the test avoid alcohol, coffee, tea, caffeinated drinks, fruit juices. The following foods should also be avoided:  
Avocado, bananas, cranberries, chocolate, cocoa, cheese, citrus fruits, grapes, kiwi fruit, pineapple, plums, tomatoes, walnuts, pecans and vanilla.  
24 hours before the test avoid eating or drinking any products that contain aspartame, MSG, or over consume a particular food.
- Continue your usual diet and limit your fluid intake to avoid a dilute sample  
**DO NOT** proceed with sample collection if you are menstruating.

*Consult with your healthcare practitioner beforehand as to the requirement of withholding prescriptive pharmaceuticals prior to collecting a sample.*

*If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.*

# Nutri-STAT Collection Kit

## KIT CONTENTS:

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 0800 88 44 33.

### Urine Collection

- 1 x 50ml screw cap container
- 2 x Urine monovettes (yellow)

### Blood Collection

- 2 x SST tubes
- 2 x Na Heparin tubes
- 1 x EDTA tube
- 1 x Citrate tube
- 1 x K2EDTA tube

### Other

- 1 x Specimen transport bag
- 1 x Cardboard Transport Cylinder
- 1 x Plastic Transport Container
- 1 x Courier bag (prepaid)
- 1 x Request form
- 2 x Adhesive stickers
- 1 x Collection instructions



## PART 1 URINE SPECIMEN COLLECTION INSTRUCTIONS

1. Collect your first morning urine into the 50ml screw cap container.
2. Assemble the two yellow urine monovettes as per the diagram on the following page. Collect 2 x 10mls of urine from the small 50ml container and seal the urine monovettes as shown in the diagram.
3. Complete the requested patient information on the two adhesive stickers provided and place the adhesive stickers on the urine monovettes. Ensure that the following is clearly printed on the two adhesive stickers:
  - Patient first/last name
  - Date of Birth
  - Date of collection
  - Urine volume in monovette
4. Also note the date of collection on your NutriPATH request form.
5. Place the urine monovettes in the re-sealable section of the specimen transport bag and close the bag by press-sealing the bag removing any air pockets that may form in the bag as you seal it.
6. Place the specimen bag in the refrigerator. Discard the remaining urine from the 50ml container.
7. Ensure that the original NutriPATH request form issued by your healthcare practitioner is completely filled out and has all your correct patient information listed.
8. **Continue onto Part 2 - collection of the blood sample.** Please note the urine and the blood sample are to be shipped together. Patient Shipping Instructions are located at the end of the Blood Sample Collection Instructions.

## URINE MONOVETTE COLLECTION INSTRUCTIONS

