

Any Questions?

If you have questions about any aspect of the specimen collection or shipping process, please feel free to contact us:



Phone | our friendly customer service team is available Monday through Friday 8am-5pm CST at 800-288-0383



Email | CustomerService@MosaicDX.com

Your test results will be delivered to your healthcare practitioner within 2-3 weeks after the sample(s) being received at Mosaic Diagnostics.

It will be up to your healthcare practitioner to review the results with you, identify any areas of interest or concern, and work with you to lay out the appropriate next steps. Mosaic Diagnostics personnel cannot discuss test results directly with patients or their family members.

For online instructions
use the QR code or visit
mosaicdx.com/instructions



Collection Instructions: Urine - Amino Acids Profile 24-Hour

Your practitioner has requested that you perform this test because Amino Acid testing offers valuable insights into your metabolic, nutritional, and neurological health. Mosaic Diagnostics is here to help you take this next step.

Test Kit Contents

Start by identifying these elements of your test kit.

If you are missing or have expired components contact Mosaic Customer Service at 800-288-0383.



Test kit box



Clear biohazard zip-lock bag



Large collection cup



Silver thermo bag



Absorbent packing sheet



Large collection container



Ice pack (**place flat in freezer immediately**)



Collection vial



Shipping laboratory pak

Precaution: Keep the kit contents out of the reach of children and pets. Do not spill preservative fluid in the vials) and avoid contact with skin or eyes. For eye contact flush with water thoroughly for 15 minutes. For skin contact wash thoroughly with soap and water. For accidental ingestion contact poison control immediately. <https://mosaicdx.com/sds/>

Before You Start:

Pick a day that works best for you, when you can count on having access to the same bathroom each time you need to go. Check that the large collection container fits inside your refrigerator between collections.

- Samples that are visibly contaminated with blood (red, pink, or brown in color) will be rejected.

Consult your healthcare provider before stopping any medications. Discontinuing supplements three days prior to specimen collection is recommended unless otherwise directed by your provider.

Samples must be shipped on a **Monday through Thursday** (outside the US, Monday or Tuesday). If you collect on the weekend, hold until Monday to ship.

Preparing For Your Test

Important: Do not discontinue any medications or supplements without first consulting your healthcare practitioner.

- Do not complete this test if you are taking an antibiotic. If you are currently on an antibiotic, be sure to complete the prescribed course of treatment and then wait 48 hours before starting your collection.
- Eat a regular diet that contains protein the day before and during collection. If possible, discontinue non-essential medication and supplements 48 hours prior to collection.
- Discontinue Amino Acid supplements 48 hours prior to collection.

Let's Get Started

1

Begin your collection with your second urination of the day.

You will collect each urine sample every time you go throughout the day and night, and end with the first urination of the following morning.

2



Use the large collection cup to collect the entire content for each urination. Pour contents into the large collection container when finished.

3



Place the large collection container in the refrigerator between sample collections.

4



Complete the information on the barcode sticker AND the vial by writing the patient name, date of birth, and collection date.

Place the barcode sticker on the vial, ensuring information written on the vial is visible. Use blue or black ink from a ball-point pen - do not use felt-tipped pens or dry-erase markers. **Note: Unlabeled samples will be rejected.**

After Collecting the Last Sample

1

On the sticker on the vial write the **total volume** that you collected in the large collection container.

2

Close the large collection container and swish to mix contents.

3

Pour urine into the collection vial to the fill line from the large collection container (do not under or over fill vial).

4

Put cap tightly on vial to ensure a good seal. Gently rock the tube back and forth to mix urine with preservative.

5

Place the vial in your freezer for a minimum of 4 hours or until frozen (30 days maximum). Check the box on the barcode label to indicate the sample has been frozen.

Preparing the Package

1

Ensure the frozen specimens are labeled, volume is recorded, and caps are tightly sealed. Place all frozen specimens and absorbent packing sheet in the biohazard zip-lock bag and seal.



2

Place the biohazard zip-lock bag and frozen ice pack into the silver thermo bag.



3

Place the silver thermo bag into the test kit box and close the lid.



Locate the shipping instruction card for details on how to ship.