



MOSAIC™
DIAGNOSTICS
Formerly Great Plains Laboratory

Your Body Has Something to Tell You

This is How We Listen

Urine Collection Kit Instructions





Urine carries critical insights into how your body is working.

We understand that urine can be off putting, but the information it contains is of great value in helping your health and wellness provider understand what's going on between your body and the various toxins in your world. It is also relatively abundant and easy to collect.

**Plan now to collect your sample first thing in the morning,
and early in the week.**

Collecting your “first morning sample” on a Monday-Thursday morning¹ is important so that the specimen can get to our labs while it’s fresh and doesn’t get tied up in transit over the weekend.

The instructions on the next few pages will guide you through the process to help you understand the simple steps and help set you up for success.

¹*Outside the US, the sample should be collected on Monday or Tuesday to allow extra time for shipping.*

Test Kit Contents

Start by identifying these eight elements of your test kit.



Test Kit Box



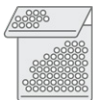
Clear biohazard zip-lock bag



Collection cup



Absorbent packing sheet



Silver thermo bag



Shipping Laboratory Pak



Ice pack



Test Requisition Form

Preparing For Your Test

- **Collect your first urine specimen in the morning** before eating or drinking. This is the most concentrated collection.
- **Do not collect samples while menstruating.** Wait until the following week.
- **Place the Collection Cup and these instructions in the bathroom** where you plan to collect the samples in the morning. Set the rest of the contents aside so you can find them when it is time to return the specimen.
- **Place the ice pack flat in your freezer,** so it will be ready to ship with your specimen.
- **Pediatric collection bags** are available upon request for children not potty trained to aid with collection.

If You are Taking the Organic Acids or Microbial Organic Acids Test

Avoid the following foods for 48 hours prior to collecting your specimen as they may interfere with the test outcome.

Important: Do not discontinue any medications or supplements without first consulting your healthcare practitioner. Wait 48 hours after completing a course of antibiotics before collection.



Apples, apple juice and products



Cranberries, cranberry juice and products



Grapes, grape juice and products (including raisins)



Reishi Mushrooms or Echinacea



Pears, pear juice and products



Arabinogalactan or Ribose Supplements

If You are Taking the MycoTOX Profile

Avoid the following for at least three days prior to collecting.



Glutathione



Charcoal



*Bentonite Clay or
similar binders*

If taking **Mycophenolate mofetil (CellCept/Myfortic)**, be sure to check the appropriate box on the Test Requisition Form.

It is not recommended to submit specimen for testing as these medications interfere with the MycoTOX Profile.

Important: Consult with your physician on when or if you can abstain from taking this medication for 72 hours prior to sample collection.

If You are Taking the Metals – Toxic + Nutrient Elements

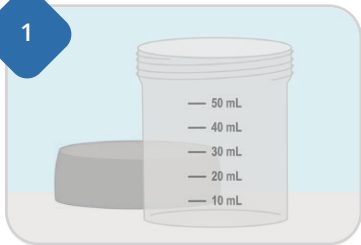
- It is recommended that you omit fish and shellfish from your diet for one week prior to collecting the urine specimen.
- If an MRI containing Gadolinium-based media has been administered, a urine specimen should not be collected for a minimum of 96 hours.

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

If you are not performing the Organic Acids Test, Microbial Organic Acids Test, MycoTOX Profile, or Metals – Toxic + Nutrient Elements, there are no items that need to be discontinued.

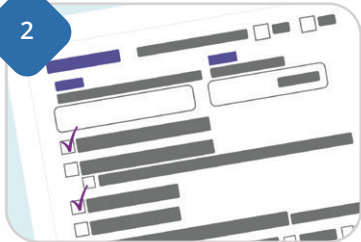
Let's Get Started

1



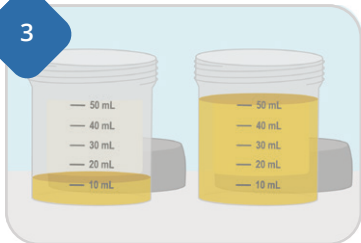
Look at the volume markings on the side of the collection cup. You will need a minimum of 10 mL for each test on the order.

2



Verify how many tests have been ordered, so you know how much sample to collect. See your Online Registration in your patient portal (or Test Requisition Form).

3



Collect your first morning urine sample, in the provided collection cup. **DO NOT** eat or drink prior to collecting your sample. 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 50 mL indicator line to prevent leaking once frozen.

4



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.

After You Collect:

- Fill any other vials or cups that have been included for other urine tests including Amino Acids, Porphyrins, or Kryptopyrroles. Follow the instructions in those test kits for collections.
- Place the lid on the collection cup and seal tightly.
- Ensure each sample has the completed barcode sticker.
- Place the collection cup in your freezer for at least four hours or until frozen (30 days maximum). Check the box on the barcode label to indicate that the sample has been frozen.



Ensure all samples are labeled. Unlabeled samples will be rejected.

Preparing the Package

1

Retrieve the packaging material you set aside. Locate the clear biohazard zip-lock bag, silver thermo bag, and absorbent packing sheet.



Clear biohazard zip-lock bag



Silver thermo bag



Absorbent packing sheet

2

Remove the frozen collection cup, frozen ice pack, and any vials for other urine tests from the freezer and check caps for tightness.



Collection cup + any other test vials or cups



Ice pack

3

Place all frozen specimens and absorbent packing sheet in the biohazard zip-lock bag and seal.



4

Place the sealed biohazard zip-lock bag into the silver thermo bag along with the frozen ice pack.



5

Place the filled silver thermo bag into the Test Kit Box. If using the Test Requisition Form, also place in box. Close the lid. Locate the shipping instruction card included in your test kit for details on how to ship your collection(s).



What's Next?

Your test results will be delivered to your doctor or health advisor generally within two weeks after being received at Mosaic Diagnostics labs.

It will be up to your doctor or 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.

For questions about test outcomes or their implications for your health, please speak with your doctor or health and wellness advisor. Mosaic Diagnostics personnel cannot discuss test results directly with test patients or their family members.

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



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