

MDM™ GUT & BRAIN HEALTH PANEL SAMPLE COLLECTION INSTRUCTION SHEET

Do not collect urine during menstruation cycle.

Avoid alcohol for at least 48 hours before urine collection.

1. Freeze the provided icepack for at least 6 hours.
2. Unfold the cup with ADL logo provided, collect your first morning urine, no later than 10AM, in that cup and use the syringe to draw the urine. Make sure to fill the syringe.

COLLECT YOUR FIRST MORNING URINE



 In case of failure of urine collection (insufficient amount, spill etc.) discard the urine, wash the cup with water, dry it and try again next morning.

URINE SYRINGE COMPONENTS



(1) Urine tube (3) Screw adapter (**DO NOT OPEN**)
 (2) Screw cap (4) Piston rod

Remove screw cap (2)



Immerse syringe tip into collected urine and fill the syringe by pulling the piston till the end of the syringe.



Place the screw cap (2) back and seal it tightly. Wipe the exterior of the syringe and break the piston rod (4)



Write patient's name, DOB, date & time of collection on tube with marker pen and put the tube of specimen collection on a requisition form too.



Name: John Doe
 DOB: 01/01/1985
 Date: 10/14/2024
 Time: 08:30 AM

Permanent Marker

Storage & Shipping

Place the syringe with urine into plastic biohazard bag provided and seal it. Keep sample in a refrigerator until shipping. Discard the rest of the urine collected.

- a. Place the Requisition Form into the side pocket of biohazard bag.
- b. Put a biohazard bag with syringe and frozen icepack into insulated mailer and seal it.

Put sealed insulated mailer into pre-labeled UPS Lab PAK provided and seal it.

Mailing instructions: Drop off the sealed Lab Pack at any UPS store.