**Patient Urine Collection Instructions:**

Urine provides a unique source of information about your body because many biochemical processes produce residues that are excreted in the urine.

Analysis of the excreted substances provides an excellent way

to monitor your body’s metabolic health.

In order to prepare for the urine test:

**2 full days prior to urine collection:**

* Eliminate all nutritional supplements. (Continue with any prescription medications from your medical doctor, but include a note with your specimen as to what medications you are taking)
* Eliminate gum and breath mints
* Eliminate Kelp & other supplements (e.g Bladderwrack herbal tincture) high in iodine
* Eliminate the use of alcohol, chocolate, coffee, tea (black and green) and pop
* Reduce the use of laxatives and bulking agents
* Reduce the use of salt
* Reduce the use of beets and carrots
* Drink 6 glasses of water daily. Please do not drink more for those 2 days as a very dilute specimen will not give accurate results.

**The night prior to test:**

* Eat a meal with protein to ensure adequate amounts of tryptophan (required for accurate test results)

**Urine Collection Day:**

* Collect a mid-stream sample of first morning urine in a sterile specimen container, and fill the container to at least ½ full. Tighten the lid of the specimen cup firmly and package by sealing into a baggie to avoid leakage.
* It is important to use first morning urine for the most accurate test results
* Do not allow the urine to sit at room temperature for more than 30 minutes. Refrigerate urine sample until arrival at consultation. If time to reach our office will be longer than 30 minutes, please keep in a cool container when transporting the urine specimen.

**Test results:**

* Follow-up Appointments need to be made to receive test results.