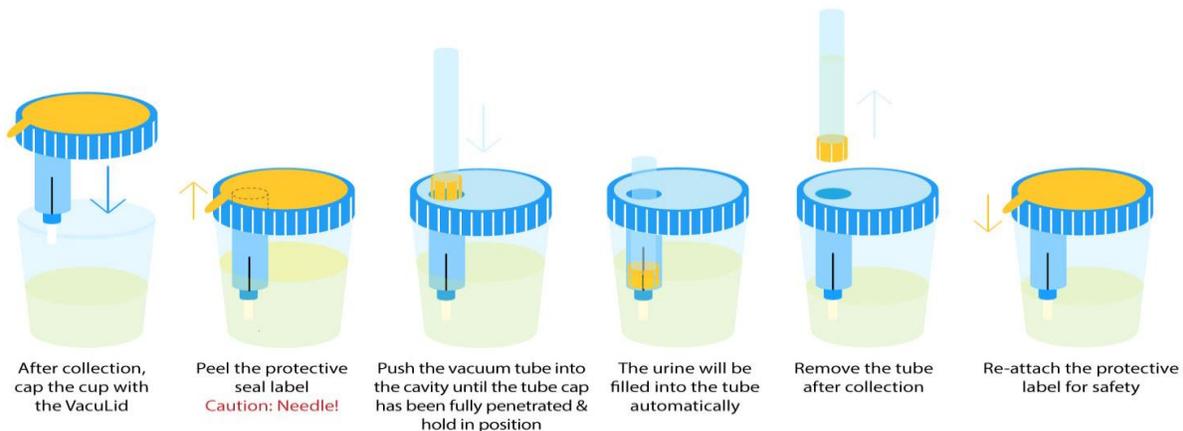


SPECIMEN COLLECTION AND HANDLING INSTRUCTIONS FOR CHRONIC INFLAMMATION TEST

Before you begin the test, ensure your box includes all the following: (1) Collection Cup with built in transfer device, (2) Specimen tube, (3) Biohazard bag with absorbent pad, (4) Small specimen tube identification label, (5) Business Reply Label to return completed test to Inflammatory Markers Laboratory via the US Post Office and (6) Test Request Form.

Step 1:

Collect your first morning urine sample in the collection cup provided (any time after 4am), be sure your sample is sufficient (approximately an inch and a half up the side of the cup should suffice). If your urine sample does not reach the transfer device on the lid when the cup is closed, the vacuum will not work properly. Follow the instructions depicted below. Insert the grey rubber stopper end of the tube down into the hole in the lid of the collection cup and push firmly but do not slam down. Hold for several seconds, the needle inside the hole will puncture the grey rubber stopper activating the vacuum in the tube, pulling your sample into the specimen tube automatically. Once sample fills grey top tube, remove tube from transfer device. Invert tube to mix. Discard excess urine and specimen cup appropriately. Keep grey top tube.



Step 2:

Fill out the specimen identification label completely. Ensure information is correct and place the label on the grey top specimen tube. Wrap the tube in the absorbent pad and place in biohazard bag.

Step 3:

Ensure the Test Request Form is filled in completely. Fold form in half and place in outer pouch on the biohazard specimen bag.

Step 4:

Ensure the Business Reply label addressed to Inflammatory Markers Laboratory is affixed to box and mail ASAP.