

## SPECIMEN HANDLING AND SHIPPING INSTRUCTIONS

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

### Step 1:

Collect your first morning urine in the collection cup provided. Submerge tip of transfer straw in specimen cup. Push the tube into the transfer straw all the way down onto the needle. Urine will automatically be pulled into the tube. Hold in position until flow stops. Remove tube from transfer device. Invert tube to mix.



### Step 2:

Fill out the specimen identification label completely. Ensure information is correct and place the label on the grey 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 bag.

### Step 4:

Place the sealed biohazard bag containing your specimen tube and test request form into the box. Seal box with packing tape. (Not provided)

### Step 5:

For Domestic Shipping, remove the “crack and peel” Business Reply Label addressed to Inflammatory Markers Laboratory and place sticker over original shipping label. Be sure to remove old postage above the new shipping label and mail ASAP. (Some boxes may already have the BRM label on the box) If you’re shipping the specimen outside the USA, please contact us at [info@inflammatorymarkerslaboratory](mailto:info@inflammatorymarkerslaboratory), and we will send a shipping label to you via email to return the specimen to the laboratory.