

In order to produce a meaningful laboratory result, you must follow these instructions. For three days prior to, and during the day of the test, **DO NOT EAT** the following items:

- | | | | |
|---------------------------|----------------|--------------|---|
| • acetaminophen (Tylenol) | • eggplant | • pecans | • plums |
| • avocados | • hickory nuts | • phenacetin | • tomatoes |
| • bananas | • kiwi fruit | • pineapple | • serotonin, tryptophan
or 5-HTP supplements |
| • cough syrup | • melatonin | • plantain | • walnuts |

Your doctor has requested an analysis of **all the urine you pass during the time period** marked [X]. In order to produce a meaningful laboratory test result, you **must** follow these instructions **exactly**.

- [] 24 hours, for example 8 a.m. today until 8 a.m. tomorrow.
- [] 12 hours, from 7 p.m. today until 7 a.m. tomorrow.
- [] 2 hour collection for D-PYR (Deoxypyridinoline Crosslinks) ONLY: Ensure the collection is completed prior to 10:00 a.m. (i.e. begin the collection by 8 a.m. at the latest).

1. When you start, urinate into the toilet until your bladder is empty. Do **not** save this specimen. Write the **DATE** and **TIME** your bladder was emptied on the collection bottle provided.
This is the **START TIME**.
2. After this, collect each urine specimen into the wide-mouthed container provided and transfer immediately to the collection bottle. Do **not** spill any urine. **Refrigerate or keep the bottle in a cool place.**
3. At the END of the timed period indicated above, collect and add the last specimen to the collection bottle. Write the **DATE** and **TIME** on the collection bottle. This is the **END TIME**.
4. Bring the collection bottle to the laboratory as soon as possible, preferably the day the collection is completed.

CAUTION: Handle the collection bottle with care. It may contain a preservative.
Do **not** discard the preservative.
Do **not** urinate directly into the collection bottle.

NOTE: Please ask for a second collection bottle if you believe that the one provided will not be enough.

If you need an additional collection bottle and cannot obtain one from LifeLabs, we recommend that you:

1. Obtain an unopened 2 L container of bottled water, please **DO NOT USE ANY OTHER TYPE OF BOTTLE**
2. Empty the bottled water
3. Pour in contents of urine collection bottle until full.
4. Continue using the provided urine collection bottle as before.
5. Repeat with additional 2 L bottled water container(s) if necessary.

