

## **In-Office Lab Instructions for Patients**

Follow the directions for collecting and transporting the urine sample.

### **Urine sample:**

Dr. Way will perform a number of tests on the urine sample that you provide. Urine contains a wealth of biochemical information. It is your metabolic diary. All of your body's biochemical processes leave residues that eventually find their way to the urine. Thus, the urine specimen is ideal for measuring and monitoring your metabolic health.

1. Collect a first-morning urine specimen the day you are dropping off your sample (Unless otherwise indicated). First-morning means the first time you void after 3:00 a.m. If you have picked up a urine sample cup from the clinic, you will notice a preservative tablet, please leave it in the cup.
2. Collect the specimen in the cup provided by our office or any other clean container that has no soapy residue. An unused Tupperware or a Zip Lock bag are very good options. Please write your name on the sample container.
3. Wait until midstream to catch the sample.
4. Fill the specimen cup to at least half full.
5. Screw the container cap firmly in place to avoid leakage.
6. Place the cup in a plastic Ziploc bag, and then place the Ziploc bag in a small brown bag for transport.

Leave the specimen with the front desk. If you used a urine collection cup provided by our office you will not need to refrigerate the urine sample before bringing it to our clinic. If you used a collection cup of your own, do not allow the urine sample to sit at room temperature for more than 30 minutes. If the transport time is more than 30 minutes, keep the sample in a cool container until you arrive at our office. Do not freeze the sample.

### **Saliva Testing:**

Please come in to the clinic, the morning of your appointment fasting. That means no water, do not brush your teeth and do not eat anything. Please bring your tooth brush and something to eat as we will be doing the BIA and saliva test first so that you can drink and eat as soon as possible.