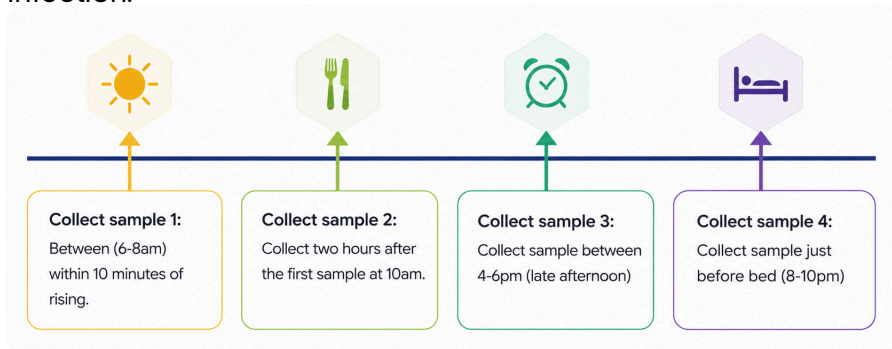




4 Point Neurotransmitter COLLECTION INSTRUCTIONS

IMPORTANT PRE-COLLECTION INFORMATION

- AVOID the following foods 48 hours prior to collecting the sample: coffee, tea, caffeinated drinks, bananas, chocolate, cocoa, citrus fruits, vanilla, MSG and aspartame.
- AVOID strenuous exercise 20 minutes prior to collecting the sample.
- It is critical to limit the amount of liquid consumed prior to each sample collection. Over-hydration can lead to a sample that is too diluted and may yield inaccurate results. It is recommended you DO NOT drink more than 235ml of water in the hour before each collection.
- DO NOT collect the sample if you are menstruating or have a urine infection.

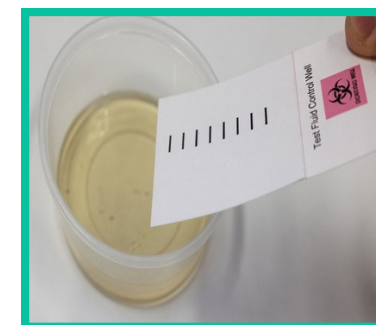


KIT CONTENTS:

- 4 x Dried Urine Test Strips
- 1 x Specimen transport bag
- 1 x Collection instructions
- 1 x i-screen request form
- 1 x Padded post envelope
- 1 x Plastic urine collection cup
- 1 x Power-free glove

SPECIMEN COLLECTION INSTRUCTIONS

1. To begin the collection process for each dried urine test strip, you will need to provide the following information on the back of each collection dried urine test strip:
 - First name
 - Surname
 - Date of collection
 - Time of collection including AM or PM
2. To collect urine onto the dried urine test strip, urinate directly into the plastic urine collection cup provided at each time throughout **the same day** following the time schedule below: 6-8am, 10am, 4-6pm and 8-10pm.
3. Open the cardboard cover and fold backwards to clearly expose the dried urine test strip filter paper. Ensure that enough urine has been collected into the plastic urine collection cup so that all black indication lines on the dried urine test strip filter paper have been saturated with urine.





4 Point Neurotransmitter COLLECTION INSTRUCTIONS

SPECIMEN COLLECTION INSTRUCTIONS

4. Once you have saturated the filter paper with urine, prop the test strip in an upright position to air dry. Please refer to the diagram below of how the sample should be positioned. **DO NOT leave the sample where it may be exposed to possible contamination or direct sunlight.**



5. After each urine collection, rinse the plastic urine collection cup with hot water only and let it **Air Dry** prior to your next collection.

6. Once you have completed all four collections, all to air dry until the following morning.

7. The following morning, fold the cover back over to protect the test strip. **Ensure you don't touch the filter paper as this may potentially contaminate the sample.**

8. Place the 4 dried urine test strips into the resealable section of the specimen transport bag. Ensure that all strips have been labelled as requested in step 1.

SENDING SAMPLES TO LABORATORY - INSTRUCTIONS

1. Ensure that your i-screen request form has been correctly filled out and all patient information is correctly stated. This includes full patient name, date of birth, residential address and telephone number. Once completed, place into the unsealed section of the specimen transport bag.

2. Place the specimen transport bag, which contains the i-screen pathology request form and the samples, into the padded envelope provided.

3. Post your sample on the same day via a Royal Mail Post Box or Post Office.



Thank you for choosing i-screen.
Results will be released in your i-screen dashboard where ready.