



## Welcome To Your Test Kit

You have chosen to do a OMX Urine Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit, you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

## Check Your Kit

### Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Personal Information Form
- 1 x Shipping Instruction
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Commercial Invoices (**these are only included if you are shipping from a non-EU country**)

### Collection Materials

- 1 x Urine collection cup with lid
- 1 x Bio-hazard bag
- 1 x Absorbent pad

If any items are missing or expired, please call +44 (0)1580 201687 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu).

**Please note:** if the collection instructions are not followed carefully, it may lead to delay in the results or recollection which will involve further costs.



## Preparation

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

### When to schedule your collection

- This sample is to be collected from your first morning urine. Ensure it has been at least six hours since you emptied your bladder.

### Prior to collection

- Prior to bed the night before collecting your sample, empty your bladder and discard the urine down the toilet. DO NOT collect this urine.
- Avoid consuming fruits, jams, and jellies for 48 hours prior to collecting your sample.
- Never discontinue prescription medications without first consulting your physician.

## Collection Procedure



### Step 1:

Write your name, date of birth and collection date on the urine collection cup with lid using a permanent marker pen. Also note date of collection on the Personal Information Form.



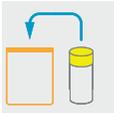
### Step 2:

Upon waking, collect your first morning urine into the urine collection cup with lid. Urinate directly into the cup. Please ensure that you collect at least 15 ml of urine (minimum) and no more than 50ml.



### Step 3:

Screw the lid tightly onto the urine collection cup. The lid is fully closed when TWO CLICKS are heard whilst closing the lid. If two clicks are not heard, open and re-close the lid until the two clicks are heard. The lid must be closed properly, any samples that have leaked in the bio-hazard bag will be rejected upon arrival to the laboratory.



### Step 4:

Place the urine collection cup with lid containing your sample into the bio-hazard bag and seal.



### Step 5:

Place the bio-hazard bag containing the sample into the freezer until ready to ship. You must allow urine to freeze for a minimum of two hours prior to shipping.

## Shipping Preparation

### When to schedule your shipment

- Ship your sample as soon as possible. Preferably within 24 hours of collection. **Important:** Ensure that your sample has been in the freezer for a minimum of two hours prior to shipping. If you are not able to ship your sample on the same day as collection, please leave the sample in the freezer until you are ready to ship.

### When you are ready to ship

- Ensure that you have provided the following information:
  - Personal Information Form: make sure the form is completed.
  - Pro-forma/Commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
  - Retrieve the bio-hazard bag containing your sample from the freezer.
  - Place the bio-hazard bag containing your sample into the supplied box, along with the completed Personal Information Form.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).