

Not Available in New York or Maryland. If you are a resident of one of these states, do not proceed, please contact Wellnicity.

## PREPARATION GUIDE (Read prior to starting steps)

- ▶ Women should avoid sample collection during menses.
- ▶ **DO NOT** consume the following items the morning of collection (They can be taken immediately after collection):
  - Caffeine
  - Stimulant Medications (Adderall, Ritalin, Focalin, etc.)
  - Anti-depressant Medications (Cymbalta, Pristiq, Lexapro, etc.)
  - Amino Acid Supplements
  - Animal Proteins (milk, yogurt, meat)
  - Antibiotics, Allergy or Antihistamine Medications



**Make sure to fill out your info on the requisition form!**

**Don't forget to register your test kit online!**

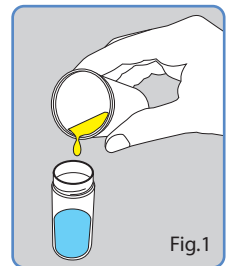


Fig.1

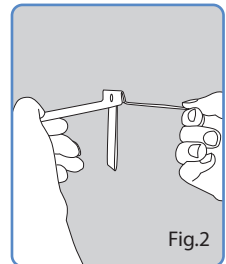


Fig.2

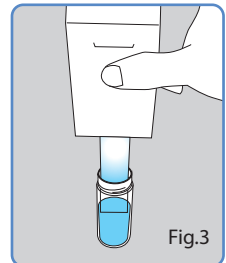


Fig.3

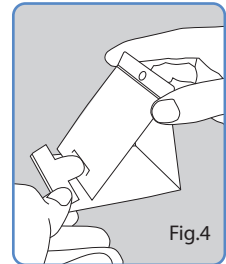


Fig.4

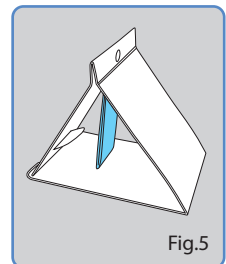


Fig.5

## STEP 1: VERIFY TEST KIT CONTENTS

Lay out kit contents & Fill out the 'Requisition & Consent Form' and filter card.



## STEP 2: REGISTER YOUR TEST KIT

- ▶ Go to Wellnicity.com and click on **REGISTER TEST KIT** (top right hand corner of the screen)
- ▶ Complete your Health Profile

## STEP 3: SAMPLE COLLECTION

1. After rising for the day, collect the 2nd urine of the morning, midstream. The collection cup should be around 3/4 full. The 1st morning urine should be voided.
2. Open vial containing stabilizing powder and pour urine in to fill. Return cap to vial and twist tightly to close. Shake vial well for 15 seconds. The mixture will turn a blue/green color. (Fig.1)
3. Unfold the dipstick filter card so that the dipstick filter is pointing down. (Fig.2)
4. Insert the filter into the vial for 10 seconds. Please ensure that at least 3/4 of the filter is submerged in the mixture. (Fig.3)
5. Fold the left and the right of the card down again and bring it into the triangle position. (Fig.4)
6. Allow the filter to dry for 24 hours at room temperature. **DO NOT SEND WET SAMPLES FILTER MUST BE DRY.** (Fig.5)
7. Fold the filter card into the original closed position. Write your name, collection date and time on the outside of the card.
8. Place the filter card and desiccant packet inside the plastic bag.

**SAMPLES MUST BE SHIPPED WITHIN 24 HOURS OF COLLECTION.**

## STEP 4: SHIPPING INSTRUCTIONS

### RETURNING YOUR SAMPLE

- ▶ Make sure your 'Requisition & Consent Form' is completed and you have registered your test kit online.
- ▶ Place the 'Requisition & Consent Form' inside the slot on the outside of the plastic bag for sample specimen.
- ▶ Place the plastic bag with filter card and desiccant packet in the test kit box and seal.
- ▶ Place the test kit box containing sample inside the pre-labeled FedEx return bag (included at the bottom of your test kit package).
- ▶ Once sealed, record or take a picture of the shipping label located on your FedEx return bag to track your sample journey.
- ▶ Deliver sealed sample return bag to a FedEx shipping location. Transit to the laboratory takes approximately 2 business days.



**Ship samples within 24 hours of collection.**

**DO NOT SEND WET SAMPLES**

### NEXT STEPS

- ▶ Upon receipt, the lab will begin processing your sample. A completed 'Requisition & Consent Form' is required and must accompany your sample.
- ▶ Your results will be reviewed by a Wellnicity clinician and securely transmitted to your online account.
- ▶ You will receive an email when your test results are ready, approximately 5-7 business days following the receipt of your sample.