



NeuroScreen Basic Profile Instructions	Patient Handout
Collection Materials	
<ul style="list-style-type: none"><input type="checkbox"/> 1 Urine transport tube, w/ label and resealable bag<input type="checkbox"/> 1 Pipette<input type="checkbox"/> 1 Absorbent pad<input type="checkbox"/> 1 Requisition form<input type="checkbox"/> 1 Patient History form<input type="checkbox"/> Box for shipping	
Patient Preparation	
<ul style="list-style-type: none"><input type="checkbox"/> Do not collect the urine during menstruation.<input type="checkbox"/> Twelve hour prior to collecting your urine specimen:<ul style="list-style-type: none"><input type="checkbox"/> Do not eat or drink anything with the exception of plain water until bedtime.<input type="checkbox"/> Take supplements and medication as normal before bedtime.<input type="checkbox"/> The morning of the urine specimen collection:<ul style="list-style-type: none"><input type="checkbox"/> Do not eat<input type="checkbox"/> Do not drink any liquids (including water)<input type="checkbox"/> Avoid tobacco and exercise<input type="checkbox"/> Do not take any supplements or medication (unless medically necessary – please check with the office) until after the specimen collection.<ul style="list-style-type: none"><input type="checkbox"/> List all medications and supplements on the patient history form.	
Urine Collection	
<ul style="list-style-type: none"><input type="checkbox"/> When you wake up in the morning (and will be up for the rest of the day), empty your bladder. DO NOT collect this urine.<input type="checkbox"/> Collect your next (second) morning urine<input type="checkbox"/> Specimen should be collected two to three hours after getting out of bed for the day.<input type="checkbox"/> Collect a midstream specimen of urine in the collection cup.<input type="checkbox"/> Use the pipette to transfer the urine to the transport tube. Fill the tube $\frac{3}{4}$ full.<ul style="list-style-type: none"><input type="checkbox"/> NOTE: Do not rinse the tube, or remove the white disc.<input type="checkbox"/> Write your name, time, and date on the specimen label. Circle “urine,” and attach the label to the transport tube. (Do not cover the cap or let label hang loose)<input type="checkbox"/> Wrap the specimen tube in the absorbent pad and enclose it in the resealable bag provided.<input type="checkbox"/> Freeze the specimen and return test kit to the Hoffman Centre within 2 days.<input type="checkbox"/> Fill out the requisition form with your personal information, the time and date of the collection.<ul style="list-style-type: none"><input type="checkbox"/> Please sign the two bottom lines of the requisition form.<input type="checkbox"/> Fill out the Personal History Form<input type="checkbox"/> If this is a retest, please list all supplements that you are taking.	
Shipping the Specimen	
<ul style="list-style-type: none"><input type="checkbox"/> Freeze the specimen and return to the Hoffman Centre within 2 days.<input type="checkbox"/> If you are shipping the specimen yourself please make sure that you contact the Hoffman Centre for everything that you will need.<ul style="list-style-type: none"><input type="checkbox"/> The specimen must be sent Monday – Thursday, next day delivery (international), and the waybill will be supplied. Please note you are not able to ship on Friday.<input type="checkbox"/> Please keep in mind any Canadian or USA holidays that may cause a delay in shipping.<input type="checkbox"/> Please check with the FedEx to make sure that they are able to do next International Shipping to the US in your area.<input type="checkbox"/> Fill out the highlighted areas on the supplied waybill and Commercial Invoices.	

For any further instruction please feel free to contact us at: 403-206-2333.