

Urinary Metabolic Performance Profile

State-of-the-art Science. Superior Solutions



Need more information? Please see our
instructional videos at
www.PhysiciansLab.com or call 877.326.5969

Accession #



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diagnose, treat, or recommend treatment for medical conditions.

Collection Instructions

When To Collect?

Place ice pack in freezer the night before collecting. Collect your sample immediately upon waking.

Restrictions

Stop drinking fluids 2 hours before bed. **Do not** drink any fluid prior to collecting your morning sample. Refrain from intaking Alcohol the night before the collection. Avoid supplements containing Creatine for 48 hours before testing.

If you awaken to urinate in the middle of the night, do not collect this urine.

Supplement Users

Confirm with your physician if you should continue to take supplements during the collection process.

▼ Failure to follow instructions may compromise the clinical usefulness of your lab results.

How To Collect?

1. Collect urine specimen in the single use disposable cup.
2. Transfer urine specimen from the cup to the urine tube with a single use plastic pipette.
3. Screw cap onto test tube securing urine specimen.
4. Dispose of collection cup and transfer pipette
5. Refrigerate sample after it is collected

Post Collection Instructions

Preparing Your Kit For Return

Place the urine sample and frozen ice pack into the box immediately after collection

Include Collection Date and Time card within your kit.

Shipping

Place return kit in the pre-paid shipping envelope provided.

You are able to return your specimens any day but Sunday.

IMPORTANT

Record collection date and time below and return this card with your sample.

Collection Date and Time

Collection Date: ____/____/____ mm/dd/yy

Collection Time: _____ : _____

For questions regarding sample collection, please call Physicians Lab's dedicated patient advocate team at (877) 326-5969