

URINE SAMPLE COLLECTION FOR MTDNA VARIANT CARRIER TESTING (TEST CODE T822 ONLY)

Before you Begin:

1. Ensure you have the correct collection container requirements: Sterile, preservative-free, screw top lid, minimum 30 mL volume.

Collecting your Sample:

Note: First morning urine is the preferred specimen for this test, although random urine samples are also accepted.

2. Remove the lid from the sterile urine cup.
3. Collect at least 30 mL of urine into the sterile urine cup.
4. Place the lid back on the urine cup and close tightly. Please ensure the cap is screwed on evenly and completely to avoid any leaking.
5. Fill out the provided label with name and date of birth of the patient. Place the label on the side of the urine cup (only one label is sufficient).
6. Package according to Category B shipment guidelines including leak-proof secondary packaging. Ship at ambient temperature for overnight delivery with arrival Monday-Saturday. Specimens can be refrigerated for 7 days before shipping. DO NOT FREEZE.

***Note for pediatric patients:** samples collected with urine collection bags are accepted if they are transferred to a sterile, screw top urine container prior to shipment.

The sample will be rejected if the sample is contaminated with another substance (blood, stool, etc.).