



<b>Instructions For</b>	Urinary CTX-II (24-hour)	<b>Kit Contents</b>	
<b>When to Ship</b>	Monday-Wednesday only.	1 Requisition Form	1 Shipping Box
<b>Observed Holidays*</b> <i>*Do not ship the day before or on an observed holiday</i>	New Years Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and following day, Christmas Day.	1 Instruction Sheet	1 Biohazard Bag
<b>Notes for this test</b>	When you get the kit, <b>before collecting</b> the urine sample, remove the lid and place Styrofoam container into the freezer with the ice pack.	1 Collection Jug with boric acid tablet	1 Styrofoam Container
		1 30 mL Urine Vial	1 UPS Lab Pak*
		1 Ice Pack	1 UPS Return Label*

\*US and Canada only

## Before Collection

- Remove the lid and place Styrofoam container into the freezer with the ice pack.
- Limit fluid intake to 2 liters (68 oz.), this includes all fluids throughout the 24-hour period.
- If any specimen is missed /spilled during collection time or it gets contaminated with blood or feces, you will need to start over. Discard all the urine, rinse the Jug with hot water, empty completely, and recollect.
- If more than one Jug is needed, another clean plastic container may be used. **Do not** use glass or metal. Contact the lab for additional information on how to mix the two samples together.

NOTE: Calcitonin and some NSAID medications (Naproxen, Ibuprofen, Indomethacin, Nimesulide) may alter CTX-II levels. Please consult with your clinician to see which supplements or medications should be used in the 48 hours prior to urine collection.

## Collection Instructions

- Begin urine collection at any time. To begin, discard first urination into toilet. Record this time, and collect all urinations for the next 24-hours in the Collection Jug. If there is no tablet in the jug, refrigerate for the entire time of collection.
- The next day, at exactly the same time you recorded for the first void, urinate a final time into the Jug.
- Read the total volume in Jug by placing the collection jug in an upright position and reading the volume on the scale. **Record the total volume** on the Requisition form and on the Urine Vial.



Read and record the total volume from scale on the jug

Collection Instructions Continued on backside

- Secure the Jug lid and invert (turn upside down) the collection jug to mix the contents, then pour urine from the jug into the Urine Vial up to the 30 mL line. Close the Vial lid tightly to prevent spills while shipping.
- If you are not shipping the same day **place the Urine Vial in the freezer** with the Styrofoam Container and Freezer Pack. Keep everything frozen until ready to ship.
- Complete the enclosed requisition form and label on the container; include payment (if required). Make sure all forms and labels all have name, date, and total volume of 24-hour urine collection.

## Shipping Instructions

---

- Place the Urine Vial in the biohazard bag.
- Place the requisition and questionnaire in the outside pocket of the biohazard bag, along with payment if required.
- Place the biohazard bag next to the frozen ice pack in the Styrofoam container.
- Place the Styrofoam container in the cardboard shipping box.
- Place the shipping box in the UPS Lab Pak and seal securely.
- Place return shipping label with barcode on outside of UPS Lab Pak.
- Save return receipt with the tracking number for your records.
- Call UPS toll free at 1.800.742.5877 for a pickup or the nearest drop location. UPS will only pick up on weekdays.
- When calling for UPS pickup, request “ON CALL AIR” only. DO NOT request a one-time pickup. Meridian Valley Lab pays for “ON CALL AIR” only. UPS expects the patient to pay for a one-time pickup.

### To schedule a pick-up:

UPS: 1-800-742-5877

FedEx: 1-800-436-3339 (Alaska & Hawaii)

### To find a drop-off location:

UPS: [https://www.ups.com/dropoff?loc=en\\_US](https://www.ups.com/dropoff?loc=en_US)

FedEx: <http://www.fedex.com/us/dropbox/>