



<b>Instructions For</b>	Urinary CTX-II (second morning void)	<b>Kit Contents</b>	
<b>When to Ship</b>	Monday-Wednesday only.	1 Requisition Form	1 Shipping Box
<b>Observed Holidays*</b> <small>*Do not ship the day before or on an observed holiday</small>	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.  You must <b>fast for 12 hours</b> before collection.	1 Urine Collection Cup	1 Styrofoam Container
		1 30 mL Urine Vial	1 UPS Lab Pak*
		1 Ice Pack	1 UPS Return Label*
		*US and Canada only	

## Collection Instructions

- No food or beverage (other than water) from 8 pm the night before until the urine collection next morning.
- Upon arising in the morning void the first morning urine into the toilet. Remain fasting (no food, water only). Try to drink 8 oz. of water, but not more, before your next urination.
- Collect the second urination of the morning into the Urine Collection Cup and then pour urine from the Collection Cup into the shipping Vial (up to the 30 mL line) and close the lid tightly to prevent spills.
- 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; include payment (if required).

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.

## Shipping Instructions

- Place the Urine Vial in the biohazard bag.
- Place the requisition and questionnaire, along with any payment required, in the outside pocket of the bag.
- 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/>