

Lincoln



Laboratory

Volume Scale

_____ 3700

 _____ 3600

 _____ 3500

 _____ 3400

 _____ 3300
 _____ 3200
 _____ 3100
 _____ 3000
 _____ 2900
 _____ 2800
 _____ 2700
 _____ 2600
 _____ 2500
 _____ 2400
 _____ 2300
 _____ 2200
 _____ 2100
 _____ 2000
 _____ 1900
 _____ 1800
 _____ 1700
 _____ 1600
 _____ 1500
 _____ 1400
 _____ 1300
 _____ 1200
 _____ 1100
 _____ 1000
 _____ 900
 _____ 800
 _____ 700
 _____ 600
 _____ 500
 _____ 400

**Please Return
This Sheet
With the Specimen**

Lincoln Laboratory
113 W. Wood St.
Hillsboro, IL 62049

Fax 217-532-3048
CLIA ID# 14D1040257

Doctor: Gary Merel	Patient Code _____
Provider # MI8210	Sex: M ___ F ___ Age ___ Hgt ___ Wgt ___
Phone: (734) 222-8210	24-Hr. Urine Vol _____
Fax: (734) 302-1298	Date Kit Sent _____ Date Rec'd _____

"Purpose of Test is to determine Nutritional Stress"

1. Please, Eat & Drink As You Normally Do!
2. Record Prescribed Medication _____
3. For most accurate results discontinue over-the-counter medications/ vitamins/ minerals/ herbal supplements for one day before and the day of the collection process.
4. Check with your health care provider to see if you should continue on any of your enzyme supplements during your 24-hour collection.

Collection of the Specimen:

1. Use a clean plastic jug (preferably one that contained distilled water) **Keep specimen refrigerated during the entire collection period.**
2. If collection during menses cycle please check here _____. Do not collect on last day of cycle.
3. Flush the 1st voiding of the day. **Begin collecting** the specimen with the second voiding of the day. Collect ALL urine for the next 24-hour period, including the entire **first** voiding the morning of the **second** day. If you fill the container use another one.
4. **Freeze** the ice bag contained in the mailer **prior** to shipping - include it with specimen. - **Do Not** freeze urine.
5. **Important: Hold the scale, at left, against jug. Circle the mark closest to top of fluid level.**
6. Tilt container back and forth several times gently to mix contents of the entire sample and fill small provided container. NOTE: Make certain you measure and record the large 24-hour volume scale at side of page, prior to mailing back.

To Mail: Do not mail on Friday, Saturday or Sunday. Place styrofoam in enclosed postal mailer. It is a next-day delivery service.

The more representative your sample is of your lifestyle, the more your health care provider can assist you with the results.

Test results will be returned to your Health Care Provider.

Please use rubber band and do not tape the styrofoam.