

if you need to carry out

URINE 12H NEUROTRANSMITTERS + 24-HOUR URINE + MORNING URINE



Step 1

URINE 12H NEUROTRANSMITTERS

On the evening of Day 1, for example, around 8pm, urinate once in the toilet without collecting the urine. From then on, start collecting your 12-hour urine in a clean container (see procedure).

On day 2, 12 hours after starting your cycle, in the case of the above example around 8am, collect your last urine. Keep the jar in the fridge.

Step 2

24-HOUR URINE

On day 2, after transferring your last urine into your dedicated Urine 12H Neurotransmitters container, start collecting your urine in the container/bottle provided for the 24H urine collection (see modality). Store the container/bottle in the fridge.

Step 3

Day of blood collection (if you have to take a blood test) *

MORNING URINE

On Day 3, in the morning, the last of your 24H urine should be collected in another clean container so that the morning urine collection jar(s) can be filled.

The remaining (excess) morning urine should be poured into the 24-hour urine container.

Take the container/bottle back and homogenise the collected urine by turning it 8-10 times and transfer some of the urine collected during the last 24 hours into the small red-capped jar also provided (see modality).

* If you also need to take a saliva sample, a stool sample or a smear, please take these samples the day before your blood sample.

The day of the blood test = the day you send in your samples.

This document is useful because you have several types of collections to combine.

It helps you to simplify your sampling procedures.

As part of your analyses, you should know that three types of urine samples may be requested :

1. *Urine 12H Neurotransmitters : Analyses listed in the Neurotransmitters category* ◆
2. *24H urine : Tests included in the Thyroid and Adrenal categories* ◆
3. *Morning urine : Ioduria, Intestinal Mycosis, Dysbiosis Intestinal Mycosis, 2/16 OH-oestrogens* ◆◆◆

To ensure that your collections are reliable, it is important to refer to the specific terms and conditions of each collection.

The sent equipment is always adjusted to your prescription. Please fill in each of the tubes provided.

BEFORE TAKING YOUR SAMPLE:

Please ask your doctor to find out whether your current treatment (medication, dietary supplement, etc.) should be temporarily suspended.

Questions?

We remain at your disposal for any further information from Monday to Friday from 8:00 to 12:00 and from 13:00 to 16:30 :

logistique@mbnext.be

+32(0) 10 870 834

0800.943.946 (toll-free number from France)



IMPORTANT

IF YOU HAVE DIFFERENT TYPES OF SAMPLE TO TAKE, THE BLOOD SAMPLE SHOULD ALWAYS BE TAKEN LAST.



lims

LABORATOIRE
D'ANALYSES MEDICALES

mbnext group
EUROPE

Multiple urine samples Guide



if you need to carry out

URINE 12H NEUROTRANSMITTERS + 24-HOUR URINE



Step 1

URINE 12H NEUROTRANSMITTERS

On the evening of Day 1, for example, around 8pm, urinate once in the toilet without collecting the urine. From then on, start collecting your 12-hour urine in a clean container.

On day 2, 12 hours after starting your cycle, in the case of the above example around 8am, collect your last urine (see procedure). Homogenise the urine collected in the container with a utensil and transfer part of the urine collected during the last 12 hours into the pot provided for this purpose. Store the jar in the refrigerator.

Étape 2

Day of blood collection (if you have to take a blood test) *

24-HOUR URINE

On day 2, after transferring your last urine into your dedicated Urine 12H Neurotransmitters container, start collecting your urine in the container/bottle provided for the 24H urine collection (see modality). Store the container/bottle in the refrigerator.

On day 3, 24 hours after starting your cycle, in the case of the above example at about 8am, collect your last urine sample.

Homogenise the urine collected in the container/bottle by turning it over 8 to 10 times and transfer some of the urine collected during the last 24 hours into the small jar with the red cap also provided (see modality).

* If you also need to take a saliva sample, a stool sample or a smear, please take these samples the day before your blood sample.

The day of the blood test = the day you send in your samples.

if you need to carry out

URINE 12H NEUROTRANSMITTERS + MORNING URINE



Step 1

URINE 12H NEUROTRANSMITTERS

On the evening of Day 1, for example, around 8pm, urinate once in the toilet without collecting the urine. From then on, start collecting your 12-hour urine in a clean container (see procedure). Keep the pot in the fridge.

Step 2

Day of blood collection (if you have to take a blood test) *

MORNING URINE

On day 2, 12 hours after you start your cycle, in the case of the above example around 8am, the last of your 12H urine should be collected in another clean container in order to fill the morning urine collection jar(s).

The remaining (excess) morning urine should be poured into the 12H urine container. Homogenise the urine collected in the container with a utensil and transfer some of the urine collected during the last 12 hours to the urine collection jar provided.

* If you also need to take a saliva sample, a stool sample or a smear, please take these samples the day before your blood sample.

The day of the blood test = the day you send in your samples.

if you need to carry out

24-HOUR URINE + MORNING URINE



Step 1

24-HOUR URINE

On the evening of Day 1, for example, around 8pm, urinate once in the toilet without collecting the urine. From then on, start collecting your 12-hour urine in a clean container (see procedure). Keep the pot in the fridge.

Step 2

Day of blood collection (if you have to take a blood test) *

MORNING URINE

On day 2, 24 hours after you start your cycle, in the case of the above example around 8am, the last of your 24 hour urine should be collected in another clean container in order to fill the morning urine collection jar(s).

The remaining (excess) morning urine should be poured into the 24-hour urine container.

Take the container/bottle back and homogenise the collected urine by turning it 8-10 times and transfer some of the urine collected during the last 24 hours into the small red-capped jar also provided (see procedure).

* If you also need to take a saliva sample, a stool sample or a smear, please take these samples the day before your blood sample.

The day of the blood test = the day you send in your samples.