



METHOD OF COLLECTION

MORNING URINE WITH STABILIZER



IMPORTANT

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

MATERIAL

To perform this sampling, you will need:

- 1 clean container for collection (not supplied).
- 1 jar with yellow lid (supplied).



IMPORTANT

The supplied container cannot be rinsed.

It contains a stabilizer essential for analysis.

Sample to be taken while fasting.

FOR THE BIP DMI (Intestinal Dysbiosis Mycosis), the BIP MI (Intestinal Mycosis) and the BIP/BIPI containing DMI & MI: the day before collection:

- Consume a varied meal consisting of carbohydrates, lipids and proteins because these are dynamic analyses.
- Avoid consuming wine, grapes, apples and pears.

- *BEFORE TAKING YOUR SAMPLES: Please consult your doctor to see if your current treatment (medication, food supplement, etc.) should possibly be temporarily suspended.*



STEP 1



Write on the label of the provided jar: your name, surname and date of birth.

STEP 2



Wash your hands thoroughly.

STEP 3



Collect your first morning urine in the clean container you have prepared. If you need to urinate during the night, this will replace your first morning urine.

STEP 4



Open the provided container and transfer the collected urine. Make sure to fill the container completely.

STEP 5



Seal the jar tightly and place it in the bag provided for this purpose.