

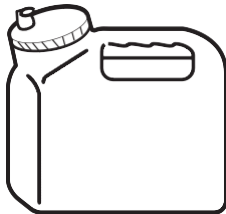
Welcome to Litholink. Litholink is a laboratory that specializes in 24-hour urine testing for kidney stone formers. Your provider has requested that you complete a Litholink At-Home kit. Your provider is waiting on these test results in order to start your kidney stone treatment plan.

Please make sure to read the instructions and verify your supplies before starting your At-Home kit.
Important Reminders:

- **Your order has been faxed directly to Litholink. They will have it on file.**
- **Your collection must be at least 22 hours long, but no longer than 26 hours.**
- **You must collect all of your urine for 24 hours.**
- **Do not refrigerate your urine.**
- **The preservative (the liquid, uncapped bottle, and cap) must be dropped into the large orange jug at the start of your collection**
- **Do not let stool contaminate your urine collection**
- **Stop taking Vitamin C (pill form, vitamins, and/or supplements) that is greater than 100 mg per day 5 days prior to the start of your At-Home kit. Vitamin C occurring in foods and drinks can be ingested as normal.**
- **Your sample is extremely time sensitive; you must ship your sample(s) the same or next business day (Mon-Sat). Any sample received after 96 hours from the start of the collection will be rejected.**

For more information, FAQs or to contact us visit www.Litholink.com or email at LitholinkInquiry@labcorp.com

Verify that you have received all necessary collection materials. Keep the Patient Sample Shipping Box; it will be used for returning your samples.



- ☐ 1 collection container per specimen



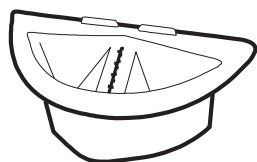
- ☐ 1 green-topped 50 ml tube per specimen



- ☐ 1 tube of liquid urine preservative per specimen



- ☐ 1 biohazard bag with absorbent paper



- ☐ 1 Collection Aid
Included for females



- ☐ Forms
- Collection Data Form
 - Insurance Information Form



- ☐ 1 pre-paid FedEx mailing form



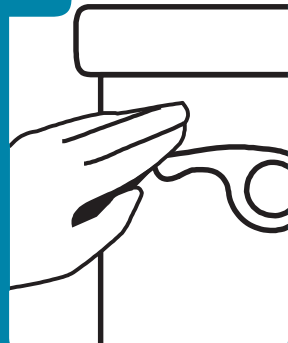
- ☐ 1 Litholink Patient Sample Shipping Box

Collection Instructions

Do not record any information on this sheet, please use the *Collection Data form*.

Collection 1

1



Helpful Hint: Schedule your Fed-Ex pick-up for the day you plan to finish your collection(s). See shipping Instructions #6.

When you wake up in the morning, flush your first urine in the toilet.

This is the START TIME.

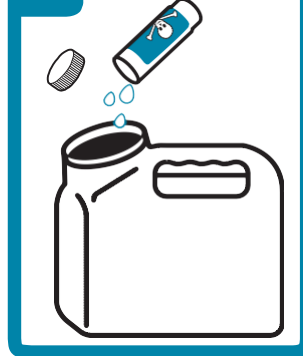
2

Collection 1

START TIME: 

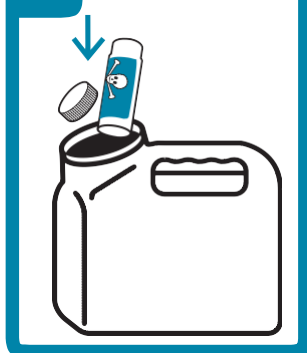
Record this time on the *Collection Data Form* where it says **START TIME**.

3



Open the tube of urine preservative and empty it into the collection container. Handle preservative with care and keep out of reach of children.

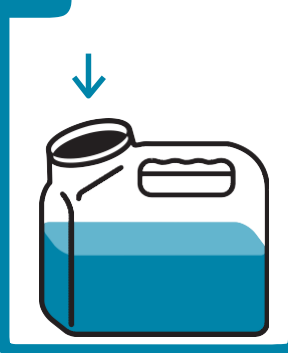
4



Drop the **urine preservative tube and lid** into the collection container. This ensures every drop of the preservative gets into the container.

*Do not place urine in the refrigerator at any time.

5





Collect all of your urine into the container over the next 24 hours, **including any urine collected during the night and that first urine of the following morning**.


This is the STOP TIME. For women who may have trouble urinating directly into the collection container, place the collection aid over the toilet and then pour the urine into the collection container.

6

Collection 1

START TIME: 

STOP TIME: 

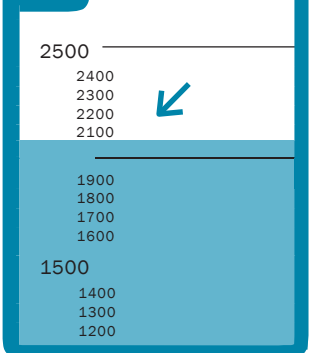
DATE COLLECTION ENDED: 

EXAMPLE

Record the **STOP TIME** on the *Collection Data Form* where it says **STOP TIME**.

Record the date you finished the collection on the *Collection Data Form* where it says "DATE COLLECTION ENDED".

7



Place the collection container on a flat surface and use the measuring tool along the side of the container to read how much fluid is inside the container.

This is the TOTAL VOLUME.

Collection Instructions (CONTINUED)

8

Collection 1

START TIME: _____

STOP TIME: _____

DATE COLLECTION ENDED: _____

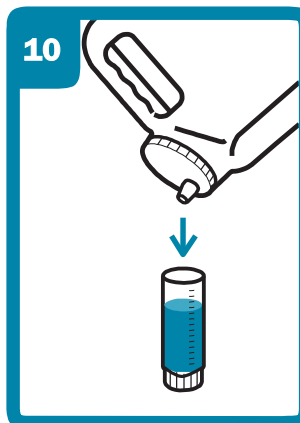
TOTAL VOLUME: _____

EXAMPLE

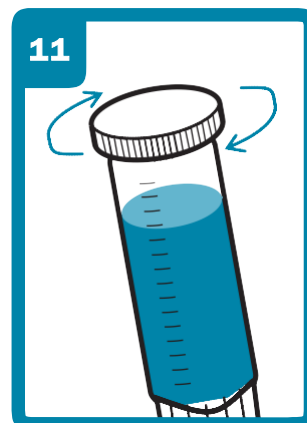
Record this TOTAL VOLUME on the *COLLECTION DATA* form where it says "TOTAL VOLUME".



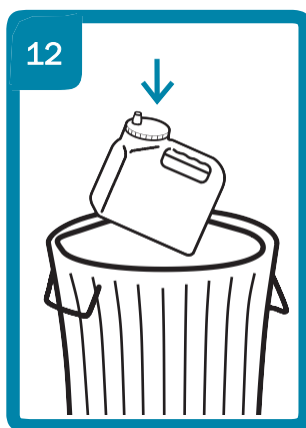
Secure lid and shake the collection container.



Fill the green-topped tube marked Collection 1 about 3/4 full with the urine sample.



Twist top tightly to seal.

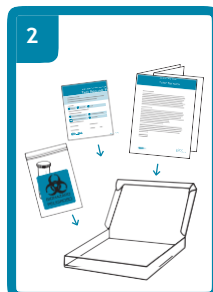


Flush the remaining urine. Do not discard the preservative bottle or cap into the toilet. The jug, preservative bottle and cap can be discarded into the trash.

Shipping Instructions



Place the green-topped tube(s) in the biohazard bag with the absorbent paper and seal the bag.



Enclose the following into your Litholink Patient Sample Shipping Box:

- 1) Sealed biohazard bag with filled green-topped tube(s)**
- 2) Completed *Collection Data and Insurance Information Forms***
- 3) Test Request Form/Order – If given to you by the doctor**

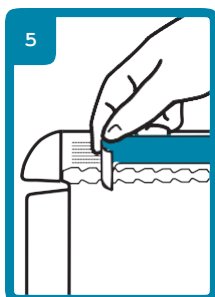
*** Do not return orange jugs back to Litholink.**



Complete the return address portion on the right-hand side of the FedEx form.



Peel the backing off the back of the FedEx form and stick the form to the top of the box.



Remove the adhesive strip under the front flap of the Litholink Patient Sample Shipping Box and seal.



Call 1-800-GO FEDEX (1-800-463-3339) and press “0”, then say “**ship a package**” to schedule a pickup.