

F.C.I. LABS

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HOME LABORATORY KIT INSTRUCTIONS

HOME LABORATORY KIT -

Please read and follow the guidelines below to prepare and return your laboratory kit.

CONTENTS:

1. 12 Pak pH test strips with return sheet to test and record 3 days results.
2. A urine specimen collection cup.
3. A shipping vial with a zip lock container and absorbency pad.
4. A return to Lab shipping box with a pre-paid UPS label.
5. A Health History questionnaire.

Following the pH instruction form enclosed, begin collecting and logging pH readings on a Friday.

This way you should have your 3 day pH log complete along with your health questionnaire on a Sunday.

You can then collect a urine specimen on Monday (first urine of the day), then package and send the kit that morning. Kits must be shipped on Monday or Tuesday to insure that we receive them before the weekend. The urine specimen is only good for 72 hours (3 days) from the time you collect it. Contact your local UPS Store the day prior to sending to make arrangements, or call (800) 742-5877 to schedule a pick up.

YOUR RETURN PACKAGE SHOULD INCLUDE:

- 3 day pH log (You may throw away the test strips after recording the pH.)
- Health history questionnaire
- Urine specimen in plastic tube, enclosed in plastic pack containing the small absorbent pad.

Date _____ Time _____ that urine specimen was collected.

RETURNING THE KIT TO US:

THIS FORM SHOULD BE RETURNED WITH YOUR SPECIMEN KIT. RECORD THE DATE AND TIME THE URINE WAS COLLECTED ABOVE. IT IS VERY IMPORTANT THAT YOU DO NOT COLLECT THE URINE SAMPLE UNTIL YOU ARE READY TO COMPLETE AND RETURN THE PACKAGE.

**THE KIT MUST BE RECEIVED BY OUR LAB WITHIN 72 HOURS OF THE TIME URINE WAS COLLECTED.
AFTER COMPLETING YOUR INSTRUCTIONS AND TAKING YOUR URINE SAMPLE, PLEASE SHIP THE KIT TO US AT THE ADDRESS SHOWN ON THE TOP OF THIS FORM USING THE PRE-PAID SHIPPING LABEL. IF YOUR KIT IS RECEIVED AFTER 72 HOURS, THE URINE SAMPLE MAY NOT TEST PROPERLY AND A NEW TEST KIT WILL BE REQUIRED.**

PLEASE USE PRE-PAID SHIPPING LABEL PROVIDED IN TEST KIT.

Should you have any questions about completing your lab kit, you may contact Eric at the lab or e-mail your question to dreric@earthlink.net. We can also return your results faster by e-mail, therefore, we suggest you send us an e-mail letting us know you will be sending a kit to us. This way we have your e-mail to return your results.