

COLLECTION INSTRUCTIONS

Your mycotoxin urine collection

This test measures mould toxins (mycotoxins) that may be accumulating in your body, from a single first-morning urine sample you collect at home. Because a few supplements and foods can affect the result, the preparation below matters – read it all before your collection day.



First-morning urine
your first wee of the day



Avoid binders 3 days
charcoal, clay, glutathione, NAC



Freeze, then post
same day from the freezer

1 Before you collect

Only pause supplements that you started yourself, or that your practitioner agrees you can stop. Never stop a prescribed medication without your doctor's advice.

- **3 days before – stop binders and detox supplements.** Avoid glutathione, NAC, activated charcoal, bentonite (or similar) clay and other binders for at least three days before collecting. These can lower the amount of mycotoxin your body clears into urine and mask a true result.
- **The night before – an overnight fast helps.** A strict fast isn't required – collecting on waking means you've already fasted overnight. Aiming for about 12 hours (no food after an early dinner) may improve detection. Don't drink a lot of fluid that evening, as a very dilute sample can't be analysed.
- **Keep taking prescribed antifungals.** If you take **voriconazole** or **oral amphotericin B**, do not stop or change them for this test unless your prescribing doctor tells you to. Antifungal treatment can affect mycotoxin levels, so **list both medications and their doses on your request form** – your results can then be read with your treatment in mind.
- **Don't collect while menstruating,** as blood can contaminate the sample – wait until your period has finished.

What's in your kit

- 2x Urine collection tubes (with green fill line)
- 1x Urine collection cup
- 1x Specimen transport bag
- 1x i-screen request form & collection instructions
- 1x Reply-paid padded return envelope

2 Collecting your sample

Collect your **first urine of the day**, as soon as you wake — before you eat or drink anything.

- 1 **Wash your hands**, then pass urine into the collection cup provided (you don't need to catch the whole stream — just enough to fill the tubes).
- 2 Carefully **pour urine from the cup into both tubes**, filling each to the **green base line**. Secure the caps firmly.
- 3 **Label each tube** with your first and last name, date of birth, and the date of collection. Note the urine volume if your form asks for it.
- 4 Place the tubes in the specimen transport bag and put them straight into the **freezer**. Freeze for **at least 2 hours** — ideally overnight.

Freeze your sample — then post it the same day you take it out

Collect on a Monday, Tuesday or Wednesday so your sample isn't sitting in transit over a weekend. Take it from the freezer and post it that same day.

3 Packing & returning

- 1 Complete your **request form** and **Patient Checklist Form** — including any binders you paused and any antifungal medications with their doses — and place the request form in the **non-sealable** pocket of the transport bag.
- 2 Put the transport bag into the **reply-paid padded envelope**, take your frozen tubes from the freezer, and **post the same day** via your nearest Australia Post outlet or express post box.

Your results: Once the lab receives your sample, your results and personalised insights appear in your secure i-screen dashboard, typically within 2 weeks. We'll email you as soon as they're ready. Any questions before you start? Email us at info@i-screen.com.au.

Urine mycotoxin testing measures exposure to certain mould toxins; its role in clinical diagnosis is limited, and results are best interpreted alongside your symptoms and history with a qualified practitioner.