

COLLECTION INSTRUCTIONS

Your spot urine collection

Your Methylation Pathways test uses a single first-morning urine sample, transferred into two small tubes. Avoiding a few foods beforehand – and freezing your sample – keeps your result accurate.

**A simple test you do at home**

Your kit is posted directly to you – no collection centre visit needed. Collect your first-morning urine, fill the two tubes, freeze them, then mail everything back the same day.

**First-morning urine**

your first wee of the day

**Avoid some foods**

for 48 hours before

**Freeze it**

before you post

1 Before you collect**Avoid these for 48 hours before**

These foods and drinks can affect your result, so leave them out for the two days before you collect.

DRINKS Alcohol, coffee, tea, caffeinated drinks and fruit juices.

FOODS Avocado, banana, chocolate, cocoa, cheese, citrus fruits, grapes, kiwifruit, pineapple, plums, tomatoes, walnuts, pecans and vanilla.

Also check with your practitioner about whether to pause any prescription medicines or supplements beforehand.

A few quick checks

- ☒ **Don't collect while menstruating** – it can contaminate the sample. Wait until your period has finished.
- ☒ If you have a **urinary tract infection**, wait until you've finished treatment, then wait a further 5 days.
- ☒ If you take **hormone medication**, note it and its type on your request form (for example, progesterone cream).

2 Collecting your sample

Collect your **first urine of the morning** into the 50 ml container, then transfer it into the two tubes (monovettes).

- 1 Collect your first-morning urine into the **50 ml screw-cap container**.

Filling each tube (monovette)

repeat for both – about 10 ml each

- 1 Gently **lift off the yellow stopper** and keep it for later. **Don't unscrew** the yellow nozzle. Attach the **yellow aspiration tip**.
- 2 Put the aspiration tip into the container and **fill the tube to the base line** (the thicker green line).
- 3 Hold the tube **upright** and draw the **piston rod downward** until it locks into the base (this empties the tip).
- 4 Remove the aspiration tip and **replace the yellow stopper**. Then **snap off the piston rod** and discard it.

Label both tubes, using the stickers provided, with:

- ☒ Your **first and last name**
- ☒ Your **date of birth**
- ☒ The **date of collection**
- ☒ The **urine volume** in the tube

Once both tubes are filled and labelled, you can discard any urine left in the 50 ml container. Also note the **date of collection** on your request form.

**Freeze for at least 2 hours**

Seal your tubes in the transport bag and **freeze them for at least 2 hours** before posting. Take them out only when you're ready to pack and send.

3 Freezing & sending

Post your sample the same day you take it out of the freezer.

- 1 Place both labelled tubes into the **resealable** section of the specimen transport bag. Press it closed, squeezing out any air pockets, and seal it.
- 2 Put the sealed bag in the **freezer for at least 2 hours**.
- 3 Meanwhile, check your **request form** is completely filled out with your correct details, and complete your **Patient Checklist Form**.
- 4 After 2 hours, take the bag out of the freezer and place your request form into the **non-sealable** section of the transport bag.
- 5 Place everything into the **reply-paid padded envelope** and post it back the **same day** via your nearest Royal Mail post box or Post Office.

Before you post – quick check

- ☒ Both tubes filled to the **green base line** and **labelled**
- ☒ Frozen for **at least 2 hours**
- ☒ Request & Checklist forms **complete**
- ☒ Posting **the same day** you take it from the freezer

Need a hand? If anything is unclear before you collect, email us at info@i-screen.ai.

Your results: Once the lab receives your sample, your results and personalised insights appear in your secure i-screen dashboard. We'll email you as soon as they're ready.