

**COLLECTION INSTRUCTIONS**

# Your spot urine collection

Your Neurotransmitter 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 neurotransmitter 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.

**What this test measures**

Your key neurotransmitters, from a single urine sample:

Dopamine

Serotonin

Noradrenaline

Adrenaline

GABA

Glutamate

### 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](mailto: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.