

Cystine Patient Test Forms

Welcome to Litholink. We are proud to offer you the only test that directly measures the saturation of cystine in urine. This test allows your physician to know if there is enough cystine in your urine for crystals to form (i.e. if urine is saturated). This is important because every person's urine can hold a different amount of cystine. Unlike many other tests, this test works whether or not you are on cystine medication.

Please read through the directions before starting your collection(s). If you have a concern or question about the collection process, phone us at 800-338-4333. Our hours of operation are Monday – Friday, 7:30 am – 6:00 pm, CST.

Follow your "Collection Instructions" carefully. This will ensure that your doctor has the most accurate results possible. Please note that our laboratory will reject your collection(s) for the following reasons:

Rejection Reasons:

- **Litholink MUST receive your samples in our laboratory on Monday, Tuesday, or Wednesday only.**
- **You must collect for a full 24-hour period(s). If you urinate in the middle of the night, you must collect this as well. Your collection(s) must be at least 22 hours long but no longer than 26 hours.**
- **You must stop taking vitamin C supplements 5 days prior to starting your collections(s) if you are taking more than 100mgs per day. If you are taking less than that you may continue.**
- **DO NOT refrigerate your urine. We provide you with urine preservatives.**
- **Urine preservative must be properly added to your collection(s).**
- **Do not let stool contaminate your orange collection jug.**
- **Litholink must receive your samples within 3 days (72 hours) from the date the first collection ended.**

Collection Material Verification

Verify that you have received all necessary collection materials. In order to help minimize confusion, we have numbered your supplies.

- 2 orange collection jugs per 24 hour collection
- 2 green-topped tubes per 24 hour collection
- 2 orange-topped tubes per 24 hour collection
- 2 red-topped tubes of liquid urine preservative per 24 hour collection
- 2 clear-topped (short) tubes of urine preservative crystals per 24 hour collection
- 2 purple-topped tubes of powdered urine preservative per 24 hour collection
- 2 plastic biohazard bags with absorbent paper per 24 hour collection
- Pre-paid Federal Express mailing form
- Paperwork: *Cystine Patient Test Forms, Collection Data form, Insurance form, Laboratory Agreement form and Notice of Litholink Privacy Practices form*
- Collection aid (included for females only)
- Litholink shipping box (used to ship back your samples)
- Litholink prescription (this was given to you by your doctor and should be returned with your sample(s))

Please note that you MAY NOT need to use all of your enclosed materials. If you have a high urine output you will need *2 orange jugs per 24 hour collection*. If you DO NOT have a high urine output, you WILL NOT need the extra materials. Any leftover materials may be discarded.

All tubes, vials and jugs are numbered for your convenience. Make sure all materials are matched with the corresponding numbers.

Collection 1 (use materials marked Jug 1 and Jug 2)

1. When you wake up in the morning, flush your first urine in the toilet. **This is your start time.**
2. Record this time on the *Collection Data* form where it says “START TIME”.
3. Open 1 red-topped tube of liquid urine preservative and 1 clear-topped (short) vial of urine preservative crystals. Empty both into the orange collection jug marked “**Jug 1**”. Drop the urine preservative tubes and lids into the orange collection jug. This ensures that every drop of the preservative gets into the jugs.
4. Collect all of your urine into the orange jug(s) over the next 24 hours, **including the very first urine the following morning. This is the STOP TIME.**

WARNING! If you fill orange jug 1 to the top, begin urinating into orange jug 2. Remember to empty the second red-topped tube of liquid urine preservative and the second clear-topped (short) vial of urine preservative crystals into orange jug 2 as described in step 3.

5. 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”.
6. If you used orange jug 1 *and* orange jug 2, make sure you record the volumes for each orange jug separately. **DO NOT ADD VOLUMES TOGETHER.**
7. Place the orange jug(s) on a flat surface and use the measuring tool along the side of the orange jug to read how much fluid is inside. **THIS IS THE TOTAL VOLUME.**
8. Record the volume(s) on the *Collection Data* form where it says “Total Volume Jug 1” and “Total Volume Jug 2”, if necessary.
9. Be sure the orange jug(s) are tightly sealed. Shake the orange collection jug(s) to mix.
10. Remove the cap from the pour spout and the sticker from the top of orange jug 1 (do not discard). Fill the green-topped tube marked jug 1 to the top with the urine sample from jug 1.

11. TWIST TOP OF GREEN-TOPPED TUBE TIGHTLY TO SEAL!

12. If you used orange jug 2, remove the cap from the pour spout and the sticker from the top of orange jug 2 (do not discard). Fill the green-topped tube marked jug 2 to the top with the urine sample from orange jug 2.

13. TWIST TOP OF GREEN-TOPPED TUBE TIGHTLY TO SEAL!

14. Pour the powder from one purple-topped tube into orange jug 1. Pour the powder from the other purple-topped tube into orange jug 2, if necessary. Be sure all the powder makes it into the orange jug(s).
15. Make sure the cap over the pour spout and the sticker is **REPLACED** on the top of the orange jug(s).
16. Shake the orange jug(s) hard 4 times. **This ensures that the powder dissolves, which is essential to achieving accurate results.**
17. Let the orange jug(s) sit for 30 minutes.
18. Shake the orange jug(s) hard 4 times.
19. Remove the cap from the pour spout and the sticker from the top of the orange jug(s). Fill the orange-topped tube marked jug 1 to the top with the urine sample from orange jug 1.

20. TWIST TOP OF ORANGE-TOPPED TUBE TIGHTLY TO SEAL!

21. If you used orange jug 2, remove the cap from the pour spout and the sticker from the top of orange jug 2. Fill the orange-topped tube marked jug 2 to the top with the urine sample from orange jug 2.

22. TWIST TOP OF ORANGE-TOPPED TUBE TIGHTLY TO SEAL!

23. Discard the remaining urine and orange collection jugs marked 1 and 2 (if used).
24. Place the green-topped tube(s) in one biohazard bag. Place the orange-topped tubes(s) in the other biohazard bag.
25. Make sure both bags are completely sealed.

If you have been asked to complete (two), 24-hour collections, please continue following the instructions on the next page.

Collection 2 (use materials marked Jug 3 and Jug 4)

1. The **START TIME** of the second collection is the **same** as the **STOP TIME** of the first collection.
2. Record the **START TIME** of the second sample on the *Collection Data* form.
3. Repeat steps from **Collection 1** starting at number 3, using materials labeled Jug 3 and Jug 4 (if necessary).

Shipping Instructions

1. Make sure all tubes are sealed tightly.
2. Place all tubes in proper biohazard bags and completely seal biohazard bags.
3. Enclose the following in your Litholink shipping box: *tubes sealed in biohazard bags, completed Collection Data, Insurance Information, and Laboratory Agreement forms and the prescription your doctor gave you to order this test.*
4. Complete the return address portion of the FedEx form.
5. Peel the backing off the back of the FedEx form and stick the form to the top of the Litholink shipping box.
6. Remove the adhesive strip under the front flap of the Litholink shipping box and seal.
7. Call 1-800-GO FedEx (1-800-463-3339) to schedule a pickup or to find a FedEx drop box near you.

WARNING!

Litholink must receive your samples in our laboratory on MONDAY, TUESDAY, or WEDNESDAY only. Any samples received on Thursday, Friday, or Saturday will be REJECTED!

Collection Data Form

This form *must* be completed and returned with your samples.

LAST NAME _____ FIRST NAME _____ MI _____
DATE OF BIRTH _____ SSN _____
HEIGHT _____ WT _____ SEX (CHECK ONE) _____ MALE _____ FEMALE _____
ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
HOME PHONE (____) _____ WORK PHONE (____) _____ EXT _____
PHYSICIAN'S LAST NAME _____ FIRST NAME _____
PHYSICIAN'S OFFICE PHONE (____) _____

Collection 1

START TIME _____ AM
STOP TIME _____ AM
DATE COLLECTION ENDED _____
TOTAL VOLUME JUG 1 _____ ML
TOTAL VOLUME JUG 2 _____ ML

Collection 2 (If Applicable)

START TIME _____ AM
STOP TIME _____ AM
DATE COLLECTION ENDED _____
TOTAL VOLUME JUG 3 _____ ML
TOTAL VOLUME JUG 4 _____ ML

Collection checklist

- ___ Did you collect for a full 24-hour period? (Your urine must be collected for at least 22 hours but no more than 26 hours – per collection)
- ___ Will Litholink receive your samples within 3 days from the date the first collection ended?
- ___ Will Litholink receive your samples in our laboratory on MONDAY, TUESDAY, or WEDNESDAY?
- ___ Have you included the prescription the doctor gave you in the Litholink shipping box?

If you have answered “no” to any of these questions, or have any concerns regarding your collection, call (800) 338-4333, Monday – Friday, 7:30 a.m. – 6:00 p.m. and ask to speak to a Patient Care Representative.