



CHECK YOUR KIT

Shipping Materials:

- 1 x Plastic box containing the collection kit (*Please keep this box for returning your samples*)
- 1 x Patient Information Form
- 1 x DHL bag
- 1 x DHL shipment waybill

Dried Urine Collection Materials:

- 2 x Urine collection strips
- 1 x Re-sealable bag

If any items are missing or expired, contact Nordic laboratories at testkits@nordicgroup.eu or 0044 (0)1580 201687

PREPARATIONS

- **IMPORTANT:** Write name, date, and collection time on the back of the urine collection strips, **prior** to collecting the samples.
- On the **Patient Information Form:** Verify that the name and date of birth are correct. Write the date and time of collection, along with any medication or supplements currently being taken.
- We will be testing your iodine and/or selenium levels in the morning and at night.
- You **DO NOT** need to change your regular diet or stop taking supplements that contain iodine or selenium.
- If you take iodine and/or selenium supplements daily, we recommend you continue to take them as usual while collecting your urine samples.
- If you eat high iodine and selenium-containing foods or take supplements containing iodine/selenium only periodically we recommend you avoid them the day before and during your urine collection, as this will better reflect your average daily iodine intake.
- Foods highest in iodine: seafood, seaweed (kelp) and dairy products.
- Foods highest in selenium include brazil nuts.

COLLECTION

- **Collect your first-morning sample immediately upon waking.**
 - **Collect your second sample just before retiring to bed.**
1. Open urine card cover and fold back from the filter paper.
 2. Do **NOT** touch the filter paper with your hands.
 3. **Saturate** the filter strip either by **urinating** directly on it **OR** by first collecting urine in a **clean cup** and **dipping** the filter paper up to the **black dash-line**.
 4. With the cover slip folded back and away from the urine saturated filter strip, allow to dry for at **least 4 hours** (optimally 8 hours).
 5. **Repeat** steps 1-4 for **night time collection**.
 6. Next morning **close flaps** of **BOTH** urine collection cards (without touching filter paper) and place into the plastic bag.

SHIPPING PREPARATION

- Please ship your specimens as soon as possible. If you cannot ship the specimens the same day you finish the collection, such as over a weekend or holiday, please leave the urine strips at **room temperature**.
- Ensure you have written on the **Patient Information Form**: the date, times of collection, and any medication or supplements being taken.
- Place **re-sealable plastic bag** containing the **collected samples** along with the **completed Patient Information Form** into the **plastic box**.

SHIPPING

Please ship with DHL. To book your shipment, follow the steps below. The DHL shipment waybill supplied with your kit has most of the required information on it, all you need to do is fill out section 2 with the required details.

1. Phone DHL:
 - Please find the local number by going on the DHL website, www.dhl.com.
2. Arrange for a collection from a convenient address, e.g. home or work.
3. You will be asked to provide the “**address of the receiver**”. This is pre-filled on the shipment waybill supplied with your kit. The address is:
 - Nordic Laboratories, Nygade 6, 3.sal, 1164 Copenhagen, Denmark. Tel: +45 33 75 10 00
4. You will be asked who will pay for the shipment. Answer “**Nordic Laboratories**” and provide the following account: **968 083 329**. Do NOT pay anything to DHL yourself.
5. When asked which delivery option please answer “**Express Worldwide**”. This service is ideal for your sample. No other delivery option is necessary, even if DHL suggests so*.
6. Provide the weight as **0.5kg**. If asked for dimensions, say you do not have them.
7. If requested, the package contents should be declared *only* as “**Exempt Human Specimen**”.
8. You will need to give DHL a pick-up time. The window of time they require differs from country to country and region to region. Normally it is between 2 and 4 hours. Someone will need to be present when DHL arrives.
9. Keep a note of the reference number DHL gives you for the pickup.
10. When DHL arrives, give them the shipment waybill, which they will sign and give you a copy of.
11. On the top of the shipment waybill is an 8-digit number. You can track your shipment on the DHL website, www.dhl.com, using this number.

If you have any questions, please email Nordic Laboratories at info@nordic-labs.com

****Please note that in the event of any other DHL delivery option (such as ‘Express 9am’, or ‘Express 12pm’) being selected a £50 surcharge will be added to your invoice.***

Nordic Laboratories Aps

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