FAQ

1. Prescription Medications: We do not recommend stopping any prescription medications without the consent of your prescribing physician.
2. Gluten and Casein: Keep eating foods that contain gluten (wheat, barley, rye) and casein (milk, cheese, yogurt) in the days before your test. This test looks for peptides that come from these foods, so cutting them out can affect your results.
3. Shipping: **Do not ship your specimen on Thursday, Friday, Saturday, or Sunday. We require you to ship your specimen on Monday, Tuesday, or Wednesday. There will be a $40 shipping charge for specimens shipped on the wrong day.** Shipping on the wrong day may lead to a replacement kit and recollection. Shipping on the correct days protects your specimen and your results.
4. Tracking Your Shipment: If you wish to track your package, take a picture of the billable stamp on your return FedEx Clinical Lab Pak. The tracking number is located underneath the barcode on the billable stamp.
5. Under/Over Fill: If you did not fill your specimen to the black line, please call or email our team so we can send a replacement tube. If you filled past the black line, that is OK as long as your specimen did not spill out of the tube.
6. Specimens with Foam: Foam on top of the specimen is OK, but it does not count as liquid. Fill the tube until the liquid reaches the black line, then screw the cap on.
7. Freezing: If your specimen does not freeze within 12 hours, please contact our laboratory. Freezer settings can affect this.
8. Menstruation: Do not collect your specimen during your period. Wait until it has fully ended.

DHA LABORATORY

Refer all questions and comments to: DHA LABORATORY
847.222.9546 | www.DHALab.com | Info@DHALab.com
411 E. Business Center Dr., Ste 107, Mount Prospect, IL 60056

FOLLOW US | @DHA.Laboratory DHA Laboratory

DHA LABORATORY

SPECIMEN COLLECTION

CASOMORPHIN + GLIADORPHIN

COLLECTION, PACKAGING + SHIPPING

Please read ALL instructions before beginning collection!
Preparation starts up to 2 weeks before. FAQs on back page.

KIT CONTENTS

- Urine collection cup
- Urine transport tube (contains powder)
- Biohazard bag
- Two ice packs
- Casomorphin and Gliadorphin Test Kit Form
- Styrofoam shipper
- Rubber band
- White cardboard box
- FedEx Clinical Lab Pak (with prepaid return airbill)

PRIOR TO COLLECTING

1 to 2 weeks before

No antibiotics. No extreme diets or fasting. Your kidney function must be normal.

3 to 5 days before

Keep eating foods that contain gluten and casein. Otherwise eat light, familiar foods, with peas, lentils and beans only in moderation. Avoid protein shakes, all soy products, strongly spiced or heavily processed foods, and excessive caffeine. No alcohol and no green tea (herbal tea is OK).

24 hours before

Stop all dietary supplements (such as B6, zinc, magnesium, copper, manganese, niacin, vitamin C), digestive enzymes (DPP-IV, bromelain, papain, lipase), lactase, probiotics, prebiotics and fiber supplements (linseed, psyllium).

Always

Do not stop taking prescription medications unless directed by a physician.

DHA LABORATORY

COLLECTION INSTRUCTIONS

MORNING OF COLLECTION

- **Use your first morning urine** (the first time you urinate after waking up).
- **Collect on an empty stomach.** Your last meal should be at least 8 hours before.
- Do not collect during your period.

1. Completely fill out the Casomorphin and Gliadorphin Test Kit Form.
2. Write the patient's name and the date of collection on the specimen tube.
3. Begin urinating into the toilet, then catch the **middle of the stream** in the paper urine collection cup.
4. Slowly pour urine from the cup into the specimen tube **up to the black line.** If the specimen spills out of the tube, please call DHA Laboratory. If foam occurs, fill until the liquid reaches the black line.
5. **SCREW THE CAP ON TIGHTLY.**
6. Shake the tube until the powder dissolves.
7. Place the tube in the plastic biohazard bag. Place it into your freezer **right away** until it is frozen solid.
8. To make sure your ice packs conform to the styrofoam, place one of the **unfrozen** ice packs in the bottom of the container, and put this into your freezer. **Do not put the lid on until you are ready to ship.**
9. Once the urine specimen and ice pack are frozen, place the specimen on top of the frozen ice pack.
10. Take the leftover unfrozen ice pack and GENTLY press it on top of the frozen urine specimen, so that it conforms to the package size.
11. Place this back into your freezer until the top ice pack is frozen. (Do not close your kit in the freezer. The styrofoam should remain open in your freezer.)

This specimen must be frozen immediately after collection.
THE SPECIMEN IS STABLE FOR 21 DAYS WHEN FROZEN.

GENERAL SHIPPING INFORMATION

Prior to Shipping:

- Ship your specimen **ONLY on Monday, Tuesday, or Wednesday.** DO NOT send your specimen Thursday, Friday, Saturday, or Sunday. **There will be a $40 shipping charge for specimens shipped on the wrong day.**
- Please take weather delays into consideration before shipping your package. Delivery delays due to inclement weather may result in your specimen not being delivered on time and rejected from testing, and shipping charges are non-refundable.
- Please do not ship your specimen so it arrives on a national holiday or a weekend. DHA is closed on national holidays and weekends.

SHIPPING INSTRUCTIONS

1. On the shipping day, put the styrofoam top on the box so that it is tightly closed.
2. Secure the styrofoam with the rubber band found on your FedEx shipping bag.
3. Slide the styrofoam container inside the cardboard box.
4. Slide the Casomorphin and Gliadorphin Test Kit Form under the rubber band securing your styrofoam.
5. Close the box.
6. Put the cardboard box inside the FedEx Clinical Lab Pak.
7. Drop your package off at a convenient FedEx location or FedEx drop box. To find drop off locations, go to www.fedex.com.

MAKE SURE YOU ARE SHIPPING BEFORE THE
LAST PICK UP OF THE DAY.