

## GENOVA NUTREVAL INSTRUCTIONS (blood and urine)

STEPS	INSTRUCTIONS
<b>Cost:</b>	Cost is \$ _____ out of pocket, after insurance.
<b>Billing and Invoicing Questions:</b>	<ul style="list-style-type: none"> <li>• <b>Contact Genova at 1-800-522-4762 (option 2)</b></li> <li>• <b>If you are mailed a Yellow invoice: Disregard</b></li> <li>• <b>If you are mailed a Blue invoice: Contact Genova</b></li> </ul>
<b>1) PREPARATION (prior to collection)</b>	<ul style="list-style-type: none"> <li>✓ <b>4 days prior to collection:</b> Stop all vitamin and mineral supplements unless otherwise instructed by physician.</li> <li>✓ <b>24 hours prior to collection:</b> Avoid over consuming a single food. Limit fluid intake to (8) 8 oz. glasses of fluid of water. Fast starting at Midnight.</li> <li>✓ If you are NOT having the blood drawn at the Cleveland Clinic Q2 or G-10 lab, call Genova at 800-522-4762, Option 1, to identify a lab in your area that will complete the draw and appropriate processing.</li> </ul>
<b>2) NIGHT BEFORE COLLECTION</b>	<ul style="list-style-type: none"> <li>✓ Place the freezer pack from box in the freezer the night before.</li> <li>✓ <b>Start fasting at midnight.</b></li> <li>✓ Place a cup in the bathroom as a reminder to collect urine.</li> </ul>
<b>3) DAY of COLLECTION:</b>	<ul style="list-style-type: none"> <li>✓ Collect first morning urine. <b>**</b>(If you wake up to urinate during the night within 6 hours before your usual rising time, collect your urine and refrigerate it; then add that refrigerated sample to the urine you collect when you rise for the day).</li> <li>✓ Use the pipette to transfer urine into provided screw-top tubes until <u>nearly full</u>.</li> <li>✓ Invert tubes don't shake.</li> <li>✓ Place the tubes into the biohazard bag provided.</li> <li>✓ Freeze the tubes for a MINIMUM of 2 hours. Package urine and the freezer pack into the kit provided.</li> <li>✓ Take entire kit and urine specimen to Q2 or G-10 lab for blood draw.</li> <li>✓ Lab will ship full kit in pre-paid Fedex package.</li> </ul>
<b>Results:</b>	<ul style="list-style-type: none"> <li>• You can access results by going to <a href="http://gdx.net">gdx.net</a>. Do not be alarmed if some test results are high or low. Your physician will address the findings at the time of your next appointment. <b>* Please note: lab results cannot be interpreted via MyChart.</b></li> </ul>