

## ORGANIC ACID TEST (OATS) Test Preparation

### Step 1 – Patient Preparation

1. Avoid apples, grapes, pears, and cranberries as well as their juices or products 48 hours before collection.
2. Avoid arabinogalactan, echinacea, reishi mushrooms, and ribose supplements for 48 hours before collection.

For Neurotransmitters It is best to:

3. Avoid eating avocados, eggplant, tomatoes, bananas, melons, pineapple, grapefruit, plums, nuts, nut butters, wine, cheese, and chocolate 48 hours before collection (may influence neurotransmitters)
4. Avoid strenuous exercise, alcohol, coffee, tea, and tobacco for 24 hours before collection. (exercise can have an effect on the production of serotonin, dopamine and norepinephrine.)
5. It is preferable to be off medications, including those that regulate allergy, mood, sleep, pain, and inflammation NEVER discontinue prescription medications without first consulting your physician.
6. Do not take any supplements on the day of testing until after sample collection.
7. The night before collection, don't eat anything after you've eaten your dinner. Collect your urine sample before you eat again in the morning.

General:

8. Place gel pack flat into freezer (for at least 4 hours) prior to shipping sample to the testing lab.
9. Limit liquid intake starting at 6pm the night prior to collection to avoid sample dilution. Urine must be yellow in colour, if urine is clear the sample is too dilute. Discard dilute sample, rinse collection cup in hot water only (no soap) and air dry, then recollect.
10. Fill out the test requisition form completely- printing clearly.
11. Females – do not collect during your menstrual cycle.

### Step 2- Organic Acid Test

1. Collect the first morning urine in the collection cup provided. Collecting the sample prior to eating or drinking is preferred.
2. Screw lid on tightly. Freeze until ready to ship. Ship with frozen gel pack.
3. Video instructions are available online at [www.GPL4U.com/instructions](http://www.GPL4U.com/instructions)

### Step 3- Shipping

1. Next follow the directions to ship the test kit to the lab. Ship Monday – Wednesday for best results. Keep a record of the shipping number and email it to the clinic so that we can track your test results.

**Note-** Please refer to test kit and if any variation exists between the information here and your test kit, follow your test kit instructions. Additional information is provided in the test kits regarding preparation, collection and medications, circumstances, medical conditions, supplements, etc. that may affect the results of the test.

**Test results** are generally available 2 weeks after lab testing. Please schedule a follow-up appointment with your healthcare team member to review the results and integrate into your health plan.

**Insurance & OHIP:** This test is not covered by OHIP. You will be required to pay for this test at the clinic and then seek reimbursement from your employment or private health care plan if applicable. If you have any questions [info@revivelif.ca](mailto:info@revivelif.ca) or 613-829-7100