

Patient Guide - Organic Acid Test (OAT)

The Organic Acid Test (OAT) is a simple at-home urine test that provides valuable insight into metabolism, nutrient status, gut health, and more. To ensure accurate results, please follow the steps below carefully.

<https://revivelifeclinic.com/integrative-lab-testing/organic-acid/>

Step 1: Preparing for Your Test

48 Hours Before Collection

- Avoid **apples, grapes, pears, cranberries**, and all related juices or products.
- Avoid supplements containing **arabinogalactan, echinacea, reishi mushrooms, or ribose**.

The Night Before Collection

- Place the **gel pack flat in the freezer** for at least **4 hours** (overnight is ideal).
- **Limit liquid intake after 6:00 PM** to prevent a diluted sample.
 - Your urine should be **yellow**.
 - If it is **clear**, the sample is too diluted — discard it, rinse the cup with **hot water only**, air dry, and recollect.

Additional Preparation

- Complete the **test requisition form** clearly and fully.
- **Females:** Do **not** collect your sample during your menstrual cycle.

Step 2: Collecting Your Sample

1. Collect your **first morning urine** in the provided cup.
 - a. Collect **before eating or drinking** for the best accuracy.
2. Close the lid tightly.
3. **Freeze the sample** until you are ready to ship.
4. Ship the sample with the **frozen gel pack**.
5. Optional: Video instructions are available at www.GPL4U.com/instructions.

Step 3: Shipping Your Sample

- Follow the shipping instructions included in your test kit.
- Ship **Monday to Wednesday** to avoid weekend delays.
- Keep your **shipping tracking number** and email it to the clinic so we can monitor your results.

Important:

If any instructions in your test kit differ from this guide, **always follow the instructions in your test kit**. Your kit may include additional details about medications, supplements, or health conditions that could affect results.

Results & Follow-Up

- Results are typically available **2 weeks after the lab receives your sample**.
- Please book a **follow-up appointment** with your healthcare provider to review your results and integrate them into your personalized health plan.

Insurance & OHIP

- This test is **not covered by OHIP**.
- Payment is required at the clinic.
- You may submit your receipt to your **private or employer health plan** for possible reimbursement.

Questions or Support

We're here to guide you through the process. You may email info@revivelifelife.ca or call us **613-829-7100** if you have any questions about your lab testing options or results.