

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://revivelifelifeclinic.com/integrative-lab-testing/organic-acid/>

Step 1: Preparing for Your Test

48 Hours Before Collection

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

The Night Before Collection

- Place gel/ice pack flat in freezer (overnight ideal).
- Limit fluids after **6:00 PM** to prevent diluted urine.
- Urine should be yellow. If clear, discard, rinse cup with hot water only, air dry, and recollect.

Additional Preparation

- Complete the test requisition form clearly.
- Women: Do not collect during menstrual cycle.
- Do not stop medications unless advised by your provider.
- Stop supplements 3 days prior unless otherwise directed.

Step 2: Collecting Your Sample

1. Collect **first morning urine** before eating or drinking.
2. Minimum 10 mL required (see test-specific notes below).
3. Close lid tightly.
4. Freeze specimen for at least **4 hours** before shipping.
5. Keep frozen until shipment.

Step 3: Shipping Your Sample

- Label specimen with **Name, DOB, Collection Date** using ballpoint pen.
- Place specimen + absorbent sheet in biohazard bag → seal.
- Place biohazard bag + frozen ice pack in silver thermo bag → seal.
- Place thermo bag in kit box → close lid.
- Ship **Mon–Wed** (outside US: Mon–Tues). Hold weekend collections until Monday.
- Keep tracking number and email it to the clinic info@revivelifelife.ca for monitoring.

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.
- Book a follow-up with your healthcare provider to review results and integrate them into your personalized plan.
[Click here to book online.](#)

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 or concerns/