

# INSTRUCTIONS FOR <sup>13</sup>C GLUCOSE BREATH TEST

## CONTENTS

- Diatest™ Test Kit
  - 2 glass gas collection tubes
  - 2 straws
  - <sup>13</sup>C glucose powder
  - Test tube labels
  - Collection instructions
- Outer Pouch
  - Requisition Form
  - Prepaid Xpresspost envelope
  - Biohazard bag






## Collection Information

- ① Please follow the instructions for breath collection found inside the Diatest™ test kit. Discuss with your health care provider whether to test at home or at the clinic office.


**NOTE:** it may take some time for glucose powder to dissolve. Please use warm water and swirl the solution for several minutes to ensure complete dissolution.

- ① Use the labels provided in the kit to mark the tubes
- ① Complete the Rocky Mountain Analytical requisition (full sheet) . Discard the requisition card inside the Diatest™ kit box.








## Shipping Information

-  Place the labeled tubes inside the round holes in the white box.
-  Place the white box in the biohazard bag along with the completed Rocky Mountain Analytical requisition.
-  Place the box inside the prepaid Xpresspost mailer provided.
-  Drop the Xpresspost envelope in any mailbox.
-  **Please ensure that your Postal Code appears in the "From" section of the address label.**

## Reporting of Results

-  Allow 7 to 10 days after sample is received at Rocky Mountain Analytical for completion of the test report. Test reports will be sent to the ordering practitioner.

## Completing the RMA Requisition

-  Please use **only ball point pen** black or blue ink (no markers, gel pens or red ink) to mark the requisition. The following information is to be included on the requisition form:
-  **Provider Information :** We need the health care provider's name, address, and signature (or initials) in the health care provider box. We cannot process results without this information.
-  **Contact Information:** Please include your name and address so we know who you are.
-  **Height, Weight, Date of Birth:** We cannot analyze your sample without your date of birth. Height and weight are body mass indicators and assist interpretation of results and research.
-  **Medication Use:** Some supplements can alter insulin sensitivity. Please list any supplements or medications you are using to affect your blood glucose levels. Use a separate sheet of paper if necessary.
-  **Relevant Medical Information:** Although this is optional, this information helps us with the interpretation of your results. As more people are tested, we are able to see the relationships between test results and medical information.
-  Please ensure that you **mark the test tube label** with your name and date of collection. Please use a permanent marker or ballpoint pen to mark the test tube (no red ink please).

## Method of Payment

Your health care provider has billing and pricing information. At his/her request, you may be asked to send payment directly to Rocky Mountain Analytical. If this is the case, please send either a cheque or a completed credit card authorization form (available from your health care provider or on our website: [www.rmalab.com](http://www.rmalab.com)) with your sample. GST must be included in your payment.

## Privacy Information

- ① Your health care provider's initials or signature on the requisition is our legal authority for analyzing your breath sample. The personal information you provide allows us to provide an analysis of your sample. This information will be stored confidentially and used only for the purpose of analyzing your specimen. Some aggregate data may be used for research purposes. If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical at: Unit A, 253147 Bearspaw Road, Calgary, Alberta T3L 2P5. Phone 403-241-4513 or Fax at 403-241-4516. Our email address is [info@rmalab.com](mailto:info@rmalab.com).