

Introduction

Established in 1987, Cellmark pioneered the introduction of DNA analysis for paternity testing and to help resolve relationships that are claimed as part of immigration visa applications. Cellmark is respected for having been at the leading edge of both technological and service innovation for over two decades, our accuracy, reliability, speed of analysis and customer service set standards for others to strive for.

Now Cellmark brings the same standards to its LitholinkStone kidney stone prevention programme. When you complete a urine collection and send your sample(s) back to us, we will perform a number of tests and measurements on your urine to determine exactly why you are forming kidney stones. We report the results on over thirty different measurements back to your physician in order to assist them in determining the best prevention treatment for you.

Once a person has a kidney stone, the risk of forming another stone is high. Physicians must determine the underlying causes of kidney stone formation in order to prevent future stones from occurring. Your LitholinkStone test will provide your physician with the highest quality results possible and help prevent kidney stones from ever recurring.

For more information

Go online at: www.cellmark.co.uk/litholinkstone
or call Customer Services FREE on: 0800 043 1040
Monday 8.30am to 7.00pm,
Tuesday - Friday 8.30am to 6.00pm

COLLECTING YOUR SAMPLE

What is the start time?

Your "Start Time" is the FIRST time you urinate when you wake up to BEGIN the day.

If you are doing two, 24-hour collections, the first day starts when you wake up to BEGIN the day. The first time you urinate, you flush it away. Although you do not collect this first urine in the collection container, this is the START TIME for day one. Collect all the urine you produce for the next 24 hours into the collection container.

When you wake up on the second day of your collection, put that morning's urine into the day one collection container. This time is the STOP TIME for day one and the START TIME for day two (use the same time for both). Collect all the urine you produce for the next 24 hours in the second collection container. At the beginning of the third day, put that morning's urine into the day two collection container. This is the STOP TIME for day two and the end of the entire collection.



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The Complete Package



LitholinkStone Kidney Stone Prevention Programme Patient Care FAQs

Need advice about testing?

Contact us online using our confidential
SMS or Webchat services or

call Cellmark free on 0800 043 1040

It says in my instructions not to take any vitamin C five days before the test begins. Can I take vitamins or herbal supplements that my doctor has recommended?

Yes. Anything your doctor has advised you to do, please continue.

If you are taking supplements that contain 100mg or more of vitamin C and they have not been recommended by your doctor, please stop taking them 5 days before and during the collection process.

I take many prescription medications. Should I continue them?

Yes. All prescribed medications MUST be taken and will NOT alter the results of your test.



Can I complete the collection during my period?

Yes.

I am in the middle of doing my collection and I am not going to have enough room in my collection container. What should I do?

Call our Customer Services team on 0800 043 1040.

We refer to you as being a "high volume" (HV) patient. You drink and urinate more than other patients. Unfortunately, you may not realise this until you are in the middle of the collection process. In this case, STOP collecting and start a new collection. You must call Cellmark and state that you need a HV collection kit.

A high volume kit contains: 2 collection containers per 24-hour collection, 2 urine preservatives per 24-hour collection, 2 green-topped tubes per specimen, and special HV instructions.

What happens if I'm not at home and I have to go to the bathroom?

If this happens, just carry any small, clean container to urinate into. You have up to 8 hours to get the urine back into the collection container that has the preservative in it.

There are small, black specks inside my collection container. Will this interfere with my test?

No. Those "specks" sometimes occur because the print from the preservative tube label comes off when exposed to liquid. This will not interfere with the test.

Do I refrigerate my urine?

No. A urine preservative is provided for each collection container. The preservative keeps the urine free of bacteria. If you put the collection container into the refrigerator, the sample(s) will be rejected. Refrigerated urine leads to less accurate results because stone forming salts become crystallized (from the cold) and thus the results are less viable.



I received my kit, but I am sick. Should I do the test when I am not feeling well?

No. Your test results are reflective of what you consume in each 24-hour period. Kidney stone disease can be a result of one's diet and fluid intake. Therefore, it is important to eat and drink as you normally do. If you are not feeling well, you may not be eating and drinking as you normally do. Please wait to start your collection until you are feeling well enough to eat and drink as you normally do.

I am doing the two-day collection. The nurse told me to try and do this on a working day and a non-working day. I cannot take the collection container to work. Do I have to collect on a work day?

No. Generally, people eat and drink differently on workdays and non-work days. We understand that not everyone can do the collection during working hours. In this case, do the collection on two non-working days (usually this is Saturday and Sunday), but on one of those days, mimic what you would normally eat and drink during a workday. This gives us a more accurate representation of your overall diet and fluid intake.

I woke up in the middle of the night, and I forgot to collect my urine that time. Are you going to reject my test?

Yes. Collect all urine, even in the middle of the night. Any collection period that lasts less than 22 hours or more than 26 hours will be rejected.

I am doing the two-day collection. Do I have to do the collection two days in a row?

Yes.

I have finished the collection. What do I do now?

Post the sealed box back to our laboratory the same day.

The urine preservative's effectiveness expires after a certain amount of time, so we need to get the sample(s) sent back to us immediately. If we do not receive your sample(s) in a timely manner, we will reject your sample(s). If you have questions, please call our Customer Services team on 0800 043 1040.



Should I drink more when I take my test?

No. Do not change your fluid or diet routine. We want to see why you have been forming stones. Any diet or fluid changes should take place after you finish your collection.

Is the preservative poisonous? What happens if it gets on me? Will it harm the toilet?

The preservative does contain toxic chemicals, just like many household cleaners, and should be handled with caution and kept away from children and pets. If you get it on you wash the area with soap and water. Don't flush the plastic bottle down the toilet, we encourage you to pour carefully or use the spout when you discard the left over urine specimen into the toilet. It will not harm the toilet.