

Trimethylaminuria Urine (TMAu) Q&A for Patients

Q: How do I get tested?

A. We don't take patient/self-referrals, so you will need to work with your PCP or another provider to complete the process. Your provider will need to fill out the appropriate requisition and be sure to include all of their billing information (especially an email address). We also highly recommend looking for your local LabCorp or Quest location to see if they could help you order and ship your specimen to our facility.

Q: Where does my provider find the requisition?

A. Our requisition can be found at www.childrenscolorado.org/labrequisitions and it is titled Biochemical Genetics Lab Requisition. This document **must** be provided with the specimen, we will not process any specimens that do not come with this requisition. All billing information must be completed along with the patient information and collection information.

Q: How much does the TMA test cost?

A. We do not bill the patient or their insurance directly, all charges are invoiced to the provider/referring facility and so we can only provide pricing directly to your provider. The provider will determine how to bill you or your insurance, so please make sure you have your provider contact us directly if they have questions.

Q: What type of specimen do you require for testing?

A. Our lab requires one **frozen** urine specimen (properly labeled) that was obtained the morning after a choline load has been completed. If you want to send a pre and a post choline load urine specimen you may, but you will be charged for both specimens, and we only require the post choline load. Please **read the instructions** for the choline load that are in our Collection and Handling document. It is important that you take the appropriate volume of choline based on your weight and age.

Q: Do I need to come to Colorado to give my specimen?

A. No, specimens can be shipped to us but please be sure to follow the shipping and handling instructions exactly.

Q: How do I ship my specimen to you?

A. The specimen **must arrive frozen**, so we require that you ship your specimen **OVERNIGHT ON DRY ICE via FedEx or UPS ONLY** to the address indicated in our Collection and Handling document. The dry ice requirement is non-negotiable and please **DO NOT ship via Postal Service**. If your specimen arrives at room temperature, we will be unable to process it and you will have to submit a brand-new specimen.

Q: Will you provide a kit?

A. We do not provide any kits; a sterile urine container can be provided by your provider office, or you can purchase online or at a local drug store.

Q: Will Children's Colorado pay for shipment of my specimen?

A. No, we do not cover the cost of shipment. This will be the responsibility of the patient or the provider office if that is something they offer.

Q: Where can I find choline?

A: Choline capsules/tablets can be purchased online or in your local drug store. You can also eat a dinner that is heavy in the food items that you notice produce the smell, but we highly recommend the choline load.

Q: How do I get my results?

A: We are not legally able to provide results directly to patients, all results will be sent directly to your provider for review and sharing with you.

Q: Does the TMAu test for primary or secondary forms?

A: Our test can detect the presence of TMA, regardless of primary or secondary but we do not report or identify between the two. We only provide results that state if we detected the presence of TMA or not.

Q: I live in New York, does Children's lab have a licensure for New York?

A: No, we do not carry a New York licensure. Your provider will need to work with the New York Department of Health to obtain a waiver for our testing. This must be sent with the specimen.

Q: Is there a cure for TMA?

A: We are not aware of any cures for TMA, our best advice is to work with a provider or a nutritionist to help manage your food intake to restrict foods that might cause the smell.

Q: What foods should I avoid eating?

A: We recommend following the acronym C-FLOWERS:

C: Cruciferous Vegetables: Broccoli Cauliflower, Brussel Sprouts...

F: Fish

L: Legumes: Beans, Peanuts, Soy...

O: Organ Meats: Liver, Tripe...

W: Whole Grains

E: Eggs, Egg Products

R: Red Meats

S: Sugars (especially refined sugars)