

DRIED URINE HORMONE TEST

Collection Instructions

IMPORTANT:

***This test is not suitable
for patients less than
18 years of age.***

Kit Contents:

- 1 Requisition form
- 1 Collection Instructions pamphlet
- 1 Hormone questionnaire (2 sides)
- 1 Collection cup
- 8 Urine collection cards
- 1 Biohazard bag with dessicant
(Keep inside biohazard bag)
- 1 Return cardboard envelope
- 1 Return shipping label *(Included if
shipped within U.S. or Canada)*

1-855-405-8378 [TEST]

6839 Fort Dent Way #206, Tukwila, WA 98188

www.meridianvalleylab.com

IMPORTANT AND HELPFUL INFORMATION

- **Avoid intercourse 24 hours before and during urine collections to avoid contamination.**
- **Collection should be done on a day that is typical for you.** Do not collect on a day of unusually high stress, exercise, or when frequent collection of urine would be difficult.
- **Please complete the Hormone Questionnaire and Requisition form.** The information you provide is confidential and will be used to assist your health care practitioner in understanding your test results.
- If using hormones (estrogen, testosterone, thyroid, etc.) **consult your health care practitioner** as to whether these hormones should be taken during collection. It is usually recommended to continue hormone replacement during collection.
- **For women applying hormone cream/gel on labia and/or vaginally,** before collection, thoroughly wash genital area. On the day of urine collection, **DO NOT** apply hormone cream/gel to the vaginal labia region as contamination can occur. *Apply the hormone cream/gel to the rectal mucosa junction on the day of collection.* Applying to other areas of the body (arms, legs, etc.) may result in reduced absorption. Wash hands thoroughly to avoid contamination.
- **Women and men using daily estrogen and/or testosterone** should apply hormone creams **immediately after** the first morning collection. If you normally apply estrogen or testosterone in the evening, switch to morning on the day before and the day of collection. Progesterone may be applied in the evening or the morning.
- **If using prescription or over-the-counter (OTC) medication** check with your health care practitioner about whether to avoid any medications. Do not discontinue medications without your health care practitioner's approval.

- **Stay well hydrated.** Avoid drinking large quantities of water all at once, especially within an hour or two before a collection time. It is best to drink smaller quantities more frequently throughout the collection period. Also avoid going for long stretches of time without drinking fluids. *It is generally recommended to sip fluid every 30 minutes or so during the collection period.*
- **Do not exceed normal intake of caffeine or alcohol 24 hours before and during urine collection.**
- **Flax oil and foods containing flax seeds:** Avoid 5 days prior to and the day of collection.
- **Avoid supplements containing creatine,** such as body building supplements, for **48 hours** prior to and the day of collection.
- **Limit meat intake** to no more than 6 oz in 24 hours on the day before and day of collection. A diet high in meat may increase creatinine levels making it difficult to interpret results.
- **Vegan or Vegetarian diet: Diets lacking animal protein may result in very low creatinine levels making it difficult to interpret results.** The 24-hour urine test is better-suited to these populations because the different methodology does not depend as heavily on creatinine levels.
- **Plan your day, as much as possible,** to facilitate the timing of collections. We recommend using an alarm, cell phone, watch, or other timing device to remind you of collection times.

WHAT DAY TO COLLECT

- Men and post-menopausal women who are not taking hormones can collect urine on any day.
- Post-menopausal women who are using hormones should collect urine when hormones have been in use for at least 5 days in a row.
- Women with irregular menstrual cycles or no bleeding due to hysterectomy or ablation should consult their health care practitioner about when to collect.
- Women with regular menstrual cycles, consult the table below to determine the best days to collect.
- Day 1 of the menstrual cycle is the first day of bleeding. Cycle length is counted from Day 1 of your menstrual cycle to Day 1 of your next menstrual cycle.

Cycle Length	Best Cycle Days to Collect	Cycle Length	Best Cycle Days to Collect
18	9—10—11	28	19—20—21
19	10—11 -12	29	20—21 -22
20	11—12 -13	30	21—22 -23
21	12—13 -14	31	22—23 -24
22	13—14 -15	32	23—24 -25
23	14—15 -16	33	24—25 -26
24	15—16 -17	34	25—26 -27
25	16—17 -18	35	26—27 -28
26	17—18 -19	36	27—28 -29
27	18—19 -20	37	28—29 -30

COLLECTION TIMING

Collection times suggested here are for individuals who have a fairly typical schedule in which they sleep at night and are awake during the day. If you are a shift worker or have an unusual schedule, consult your health care practitioner about when to collect. ***Collect 2 cards per collection time.***

It is okay, if necessary, to urinate between the 2nd, 3rd, and 4th collection times. However, try not to urinate closer than one hour before your next collection.

After your first collection, you may take supplements, medication, and have breakfast as usual. **For best results, drink 2-3 ounces of water (or other fluids) every 30 minutes until the 2nd collection.**

1st Collection

Immediately upon waking.

Typical timing: 5:00 am – 8:00 am

2nd Collection

As close as possible to 2 hours, but no more than 3 hours after 1st collection.

Typical timing: 7:00 am – 11:00 am

3rd Collection

Before dinner at least 4 hours after 2nd collection.

Typical timing: 3:00 pm – 6:00 pm

4th Collection

At bedtime at least 4 hours after previous collection.

Typical timing: 9:00 pm – Midnight

THREE EASY COLLECTION STEPS

1. Wash hands. Fill out all your information on two cards prior to each collection. Avoid touching the filter paper.

2. Urinate into the collection cup. Pass remaining urine into the toilet if needed. Place the cup containing the urine onto a flat surface.

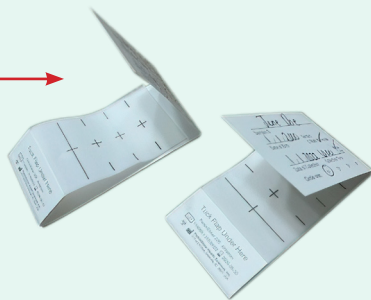
Unfold one collection card to expose the filter paper. Dip the filter paper end of the card into the cup containing the urine. Leave for 3-5 seconds to completely soak the filter paper. Repeat for second card.

Submerge filter paper to just above the top marker line.

3. Remove the cards from the cup containing the urine. Allow cards to air-dry for at least 24 hours on a flat surface with the back side down.

Discard remaining urine.
Rinse the collection cup.
Do Not Use Soap.
Allow cup to air-dry.

REPEAT Repeat the process for each collection according to the collection timing guidelines.



SHIPPING INSTRUCTIONS

- **Please bring or ship your completed test kit to the lab within 24 hours after the test cards are dry or within 5 days.**
- Once samples are dry, fold outer cover back over filter paper strip and place into plastic bag, taking care not to touch the filter paper portion.
- Place the cards into the biohazard bag. *Cards must be completely dry.*
- If you haven't already done so, please fill out the Requisition form and Hormone Questionnaire.
- Fold the Requisition form and Hormone Questionnaire and place in the outside pocket of the biohazard bag.
- Place the biohazard bag into the provided return envelope. The box that contained the collection cards can be recycled.

If you are bringing your kit back to the lab in person:

- Bring the box with samples, requisition form and completed hormone questionnaire to the lab Monday-Friday (except for holidays) between 7:30 AM-5:30 PM.

If you are shipping your kit back to the lab:

- Ship the return envelope back to Meridian Valley Lab using the provided courier service: *Ship Monday thru Wednesday. Avoid US holidays to prevent undue delays.*

To schedule a pick-up:

UPS: 1-800-742-5877

FedEx: 1-800-436-3339 (Alaska & Hawaii)

To find a drop-off location:

UPS: https://www.ups.com/dropoff?loc=en_US

FedEx: <http://www.fedex.com/us/dropbox/>



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