

24 HOUR URINE HORMONE TEST

Collection Instructions

IMPORTANT:
Reference ranges have not been established for this test in individuals less than 18 years of age.

Kit Contents:

- 1 Requisition form
- 1 Collection Instructions pamphlet
- 1 Hormone questionnaire (2 sides)
- 1 Collection cup
- 1 Orange jug

If you are shipping your specimen back to the lab, you will also have:

- 3 Clear plastic vials with lids
- 3 Small Ziplock bags
- 3 Biohazard bags (*Keep absorbent pads inside bags*)
- 1 Ice pack
- 2 Foil bubble-pack envelopes
- 1 Purple Cardboard box
- 1 UPS Lab Pak (*FedEx for Alaska or Hawaii*)
- 1 UPS return label (*FedEx for Alaska or Hawaii*)
(*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

- **Place the ice pack in the freezer prior to collection.**
- **Avoid intercourse 24 hours before and during urine collection 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.
- **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, but try not to exceed 2 liters (68oz)** of fluid unless directed by your health care practitioner.

- **Do not exceed normal intake of caffeine, alcohol, and vitamin C 24 hours before and during urine collection.**
- **Flax oil and foods containing flax seeds:** Avoid 5 days prior to and the day of collection.
- **Nitrates testing (men): Avoid foods high in nitrites and nitrates,** such as preserved meats (sandwich meats, smoked meats, bacon, ham etc.) as well as Swiss chard, kale, spinach, celery, beetroot, rhubarb, and fennel. The high nitrate/nitrite content of these foods may alter result.
- If any specimen is missed/spilled during collection or it gets contaminated with blood or feces, you will need to start over. Discard all the urine, rinse the jug with hot water, empty completely and recollect.
- When no boric acid tablet in the jug, refrigerate the jug for the entire collection time. With the boric acid tablet, it can be left at room temp. for 2 days prior to shipping. The specimen is stable refrigerated for 5 days prior to shipping to the lab.
- If more than 1 jug is needed, another clean plastic container may be used. Do NOT use glass or metal, only plastic and refrigerate the specimen. Contact lab for details as these two samples need to be mixed together.

WHAT DAY TO COLLECT

- **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.
- 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 healthcare 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 INSTRUCTIONS

- **FIRST** - Wash your hands with soap and water and dry them well each time you collect urine into the collection cup.
- **THEN** - Begin urine collection at any time of day. To begin, empty bladder completely **into the toilet** and record the time and date as the start time on the requisition form. **Do Not add this first urination to the orange jug.**
- **NEXT** - Collect **ALL** urine for 24 hours – day and night, using the enclosed collection cup and add urine to the orange collection jug. At around the same time the next day, urinate a final time into the orange jug. For example: if the collection began at 10am Monday (from when urine was voided), it should be completed at around 10am Tuesday. **Rinse collection cup between collections with hot water (no soap) and let air dry.**
- **AFTER THAT** - Record the date and time of the final urine collection on the requisition and questionnaire forms.

If you have questions that are not answered here, please watch our 24-Hr Collection video at meridianvalleylab.com, or call our Customer Service team at 1-855-405-TEST (8378).

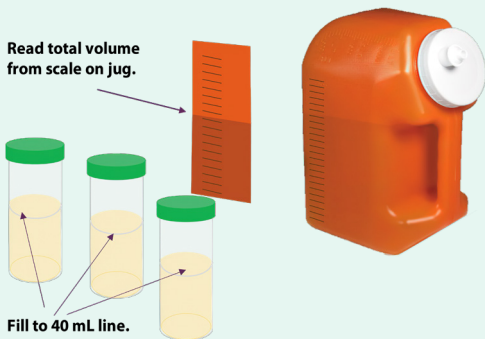
SHIPPING INSTRUCTIONS

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

- Secure the lid tightly to the jug.
- Bring the jug, 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:

- Measure the total volume in jug by placing it in an upright (vertical) position and reading the volume from the scale. Write the total volume on the requisition form and on the clear vials.
- Secure lid and shake collection jug to mix the contents. Pour urine into the clear vials up to the 40 mL line. Secure the lids tightly. Make sure labels have name, date, and total volume of 24-hour urine collection.
- Place each vial into a small (3' x7") Ziplock bag and seal.
- Place the Ziplock bags with vials into the zippered portion of the biohazard bag and seal the bags.
- Fold the requisition form and hormone questionnaire and place in the outside pocket of the biohazard bag.



- Place the frozen ice pack and the biohazard bag into the smaller of the two foil bubble-pack envelopes. Fold the excess over the bag to close it, but **DO NOT SEAL** the bag.
- Place the smaller foil bubble pack into the larger foil bubble pack, fold over to close, but **DO NOT SEAL** the bubble pack.
- Place the large foil bubble pack and its contents into the cardboard shipping box and close the box. **DO NOT SEAL** with tape.
- Place the return shipping label with bar code on the outside of the Lab Pak.
- Save the return receipt with the tracking number for your records.
- Place the cardboard box in the Lab Pak and seal securely. (Alaska and Hawaii: FedEx).
- Ship back to Meridian Valley Lab using the provided courier service.
- **Do not ship the whole jug!**
- Ship Monday thru Thursday and 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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