

PRISM24™/PACE24™

24-Hour Urine Hormones Collection Instructions

Kit Contents:

Items to be discarded after collection

- 1x Collection Instructions (this document)
- 1x Collection cup
- 1x Orange jug

Items to ship back

- 1x Requisition form
- 1x Clear plastic vial with green lid
- 1x Small Ziplock bag
- 1x Biohazard bag (Keep absorbent pad inside bag)
- 1x Foil bubble-pack envelope
- 1x Branded cardboard box
- 1x Mailer bag with prepaid return shipment label (Included if shipped within U.S. or Canada)

Important Information - Please Read Before Collection

- 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.
- **For women using hormone creams vaginally or on the labia:** Before urine collection, thoroughly wash the genital area to minimize the risk of sample contamination. On the day of collection, do not apply hormones to the vaginal or labial area, as this can lead to false elevations in hormone levels. Instead, apply hormone cream to the external area surrounding the anal sphincter for more consistent absorption and minimal contamination risk. Wash hands thoroughly after application. Unless instructed otherwise by your provider, continue hormone therapy during the collection period.
- Stay well hydrated but try not to exceed 2 liters (68oz) of fluid unless directed by your health care practitioner.
- Do not exceed your normal intake of caffeine, alcohol, and vitamin C 24 hours before and during urine collection.
- If any urine is missed, spilled during collection or gets contaminated with blood or feces, you will need to start over. Discard all the urine, rinse the jug with hot water only (no soap), empty completely, let jug air dry then plan to recollect
- The orange jug contains a boric acid tablet and can be left at room temperature for 2 days. If the jug does not have the boric acid tablet, refrigerate the jug for the entire collection.
- 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.

Which Day to Collect

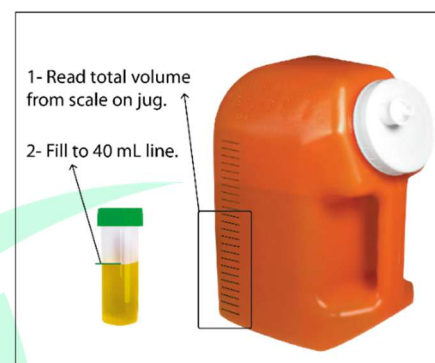
- Men and post-menopausal women who are not taking hormones can collect any day of the month.
- Collection should be done on a day that is typical for you. Do not collect on a day of unusually high stress, exercise, or when frequent collection of urine would be difficult.
- For menstruating women, collect on a day with no active bleeding, to prevent blood contamination of urine.
- 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 period to Day 1 of your next menstrual period.

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 and add to the urine jug.
- AFTER THAT - Record the date and time of the final urine collection on the requisition form.



Preparing Sample for Shipment:

- DO NOT ship the whole jug.
- Measure the total volume in jug by placing it in an upright (vertical) position and reading the volume from the scale on the side of the jug – this will be in mL.
- Write the total volume on the requisition form and on the clear vial. (with the green lid?)
- Secure lid and shake collection jug to mix the contents.
- Pour urine into the clear vial up to the 40 mL line.
- Secure the lid tightly.
- Make sure the label has the name, date, and total volume of 24-hour urine collection. (in mL)
- Place the vial upright in the freezer until frozen prior to shipping.

Shipping Your Sample to the Lab

- Place vial with the frozen urine sample into the small (3"x 7") Ziplock bag and seal.
- Place the Ziplock bag with vial into the zippered portion of the biohazard bag and seal the bag.
- Fold the requisition form and place it in the outside pocket of the biohazard bag.
- Place the biohazard bag with the urine sample and requisition form, into the foil bubble-pack envelope and place into the cardboard box.
- Place the cardboard box into the pre-labeled mailer and seal securely.
- Save the customer return receipt with the tracking number for your records.
- Ship back using the provided courier service indicated on the return shipping label.
- ***Ship only on Monday, Tuesday or Wednesday. Final tube can be kept frozen until you ship. Avoid US holidays to prevent undue delays.***