

First Morning Void  
Comprehensive Urinary Hormone Profile

State-of-the-art Science. Superior Solutions.

# LAB

physicians

- ▼ Failure to follow instructions may compromise the clinical usefulness of your lab results.
- ▼ Please contact your health care provider or Physicians Lab if you need assistance.
- ▼ Abnormal kidney function may influence test results. Do not perform on individuals with kidney disorders.
- ▼ Certain medicines may impact test results (e.g. cephalosporins, cimetidine, fibrates and trimethoprim-sulfamethoxazole). Let your physician know about your use of these medications.
- ▼ Do not change use of medications unless instructed to do so by your healthcare provider.
- ▼ Although most supplements and prescriptions can be taken during collection, there are a few that can interfere with the test results. To view these Additional Restrictions, visit our FAQ page at [www.PhysiciansLab.com](http://www.PhysiciansLab.com)

To view collection instruction videos online, please scan the QR code or visit [www.PhysiciansLab.com/collection-instructions](http://www.PhysiciansLab.com/collection-instructions)



To complete your online questionnaire, please visit [www.Survey.PhysiciansLab.com](http://www.Survey.PhysiciansLab.com) and enter in the code below:

For questions regarding sample collection, please call Physicians Lab's dedicated patient advocate team at (877) 316-8686

## When Should I Collect My Urine?

**Cycling Female:** Collect 19-22 days after start of last period (if cycle is regularly between 26 and 30 days). If cycle is irregular or outside of this range, please call Customer Service at 877.316.8686.

**Menopausal Female:** Collect any day.

**Male:** Collect any day.

### Preparing for the Test

- ▼ Avoid supplements containing Creatine for 48 hours before testing. Avoid alcohol the day before your collection.
- ▼ If you are taking hormones periodically (every few days, weeks or months), try to collect half-way between hormone administrations.
- ▼ If you are a cycling woman, timing your collection with your cycle is of highest priority.
- ▼ Unless instructed otherwise (see Step 1) **DO NOT STOP** taking your hormones.
- ▼ Stop drinking fluids 2 hours before bed.
- ▼ Place the ice pack in the freezer
- ▼ Do not exceed your usual intake of caffeine and Vitamin C for 24 hours prior to urine collection.
- ▼ Avoid Alcohol the night before the collection

Place the urine sample and frozen ice pack into the box immediately before shipping and return using the pre-paid shipping envelope provided. In the event you are unable to ship them the day testing is completed, simply store the sample in the refrigerator and ship the sample the following day.

## Collection Instructions

### Step 1: Preparation (day before collection)

- ▼ **Vaginal Hormones:** Apply Vaginal hormones to the upper inner arm, instead of vaginally, or the day before collection. Vaginal hormone users should use a clean catch method to collect urine.
- ▼ **Hormones Taken by Mouth:** **Stop taking** Oral, Troche & Sublingual hormones (any hormone taken by mouth) **the day before the collection.**
- ▼ Take all other hormones and supplements as prescribed.

### Step 2: Bedtime (day before collection)

- ▼ Completely empty your bladder.
- ▼ **DO NOT** collect this urine.
- ▼ Avoid fluids until after collection tomorrow.

### Step 3: Waking (day of collection)

- ▼ Collect urine within 5 minutes of waking up
- ▼ Once you have collected this sample, you may resume normal hormone and supplement use.

### Step 4: Record Date and Time of Collection

## IMPORTANT

Record collection date and time below and return this card with your sample.

## Collection 1

Collection Day: \_\_\_ / \_\_\_ / \_\_\_ mm/dd/yy

Collection Time: \_\_\_ : \_\_\_