

Shipping

Place the refrigerated urine samples and frozen ice pack into the box immediately before shipping and return using the FedEx pre-paid shipping envelope provided. Place your kit in the FedEx envelope and bring to any certified FedEx drop off location, drop box (any day but Sunday), or local FedEx Office. In the event you are not able to ship them next day, simply store the samples in the refrigerator until you can ship them.

Place all these items in box:

- ▼ Tubes with frozen ice pack on top
- ▼ Billing/PHI Form
- ▼ Copy of **insurance** card (front & back)



You may collect on any day of the week and samples can be shipped back any day but Sunday.

FAQ

Q: What if I need to restart because of an error?

A: Please rinse the tubes out with purified water and air dry.

Q: What if I wake up in the middle of the night to urinate?

A: Do not collect any overnight sample.

Q: Should I continue taking my birth control during my collection?

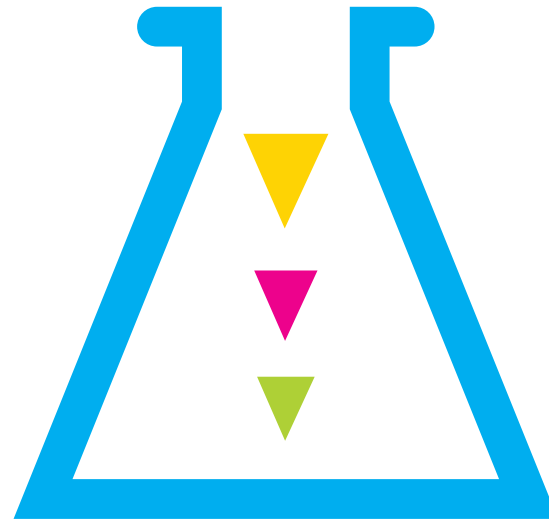
A: Yes, continue taking birth control as prescribed by your physician.

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

**If you awaken to urinate in the middle of the night or awaken before you intend to get up for the day, dispose of this urine and collect upon waking for the day.

Comprehensive Urinary Hormone Profile (First Morning Void)



Stay connected with us
on social media



To complete your online questionnaire, please visit www.Survey.PhysiciansLab.com and enter in the code below:

Need more information?

Please see our instructional videos at www.PhysiciansLab.com or call 877.316.8686

Accession #



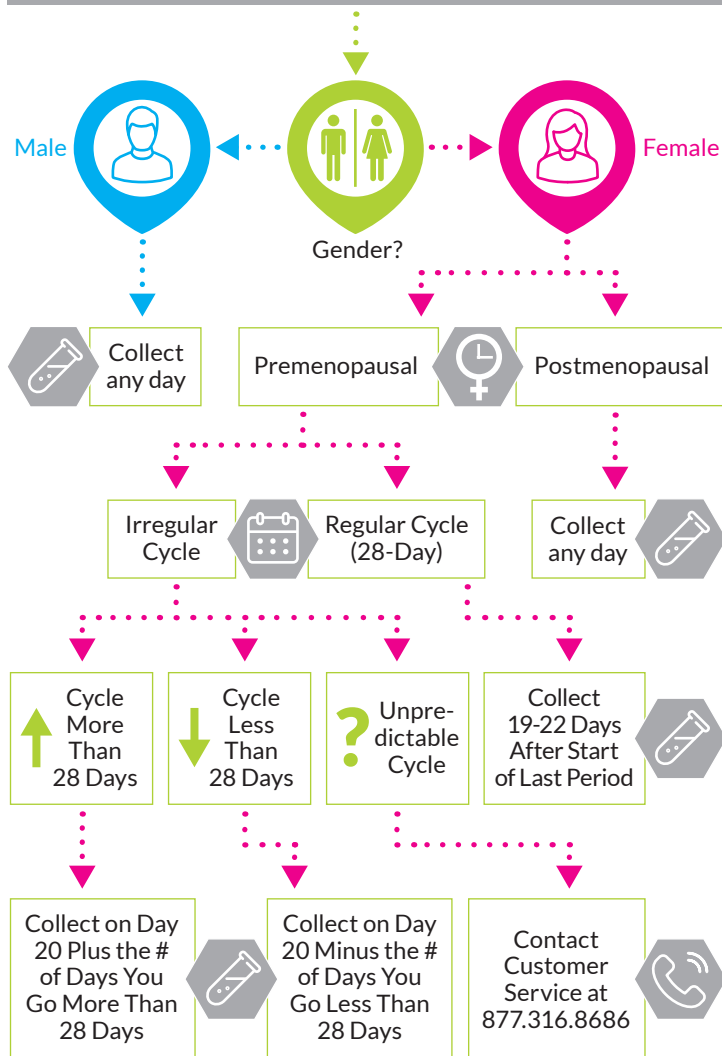
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When Should I Collect My Urine?



Preparing for the Test

- ▼ 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.
- ▼ Do not drink any fluid prior to collecting the morning urine sample.
- ▼ Do not exceed your usual intake of caffeine and Vitamin C for 24-hours prior to urine collection.

How To Collect?







1. Collect urine specimen in disposable cup.
2. Transfer urine specimen from the cup to the color coded test tubes as indicated above using plastic pipette.
3. Screw cap onto test tube securing urine specimen.

To view collection instruction videos online, please scan the QR code below or visit www.PhysiciansLab.com/collection-instructions



Collection Instructions

While adhering to your most common wake/sleep schedule, collect as close as possible to the timeline below.

<p>Step 1: Preparation (day before collection) (hormone users only):</p> 	<ul style="list-style-type: none"> ▼ Vaginal Hormones: Apply Vaginal hormones to the upper inner arm, instead of vaginally, on 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) <i>at least 4 hours before bed.</i> ▼ Take all other hormones and supplements as prescribed.*
<p>Step 2: Bedtime (day before collection)</p>  <p>EMPTY BLADDER—DO NOT COLLECT</p>	<p>At bedtime the night before collection:</p> <ul style="list-style-type: none"> ▼ Completely empty your bladder. ▼ DO NOT collect this urine. ▼ Avoid fluids until after collection tomorrow.
<p>Step 3: Waking (day of collection)</p>  <p>Collection 1</p>	<p>Immediately upon waking for the day:**</p> <ul style="list-style-type: none"> ▼ Collect urine within 5 minutes of waking up. ▼ Once you have collected this sample, you may resume normal hormone and supplement use.
<p>Step 4: Record Date and Time of Collection</p> 	<p>IMPORTANT: Record collection date and time below and return this sheet with your sample.</p> <p>Collection Day: ___/___/___ mm/dd/yy</p> <p>Collection Time ___:___</p>

Refrigerate sample until it is ready for shipment.