Comprehensive Urinary Hormone Profile (24 Hour)

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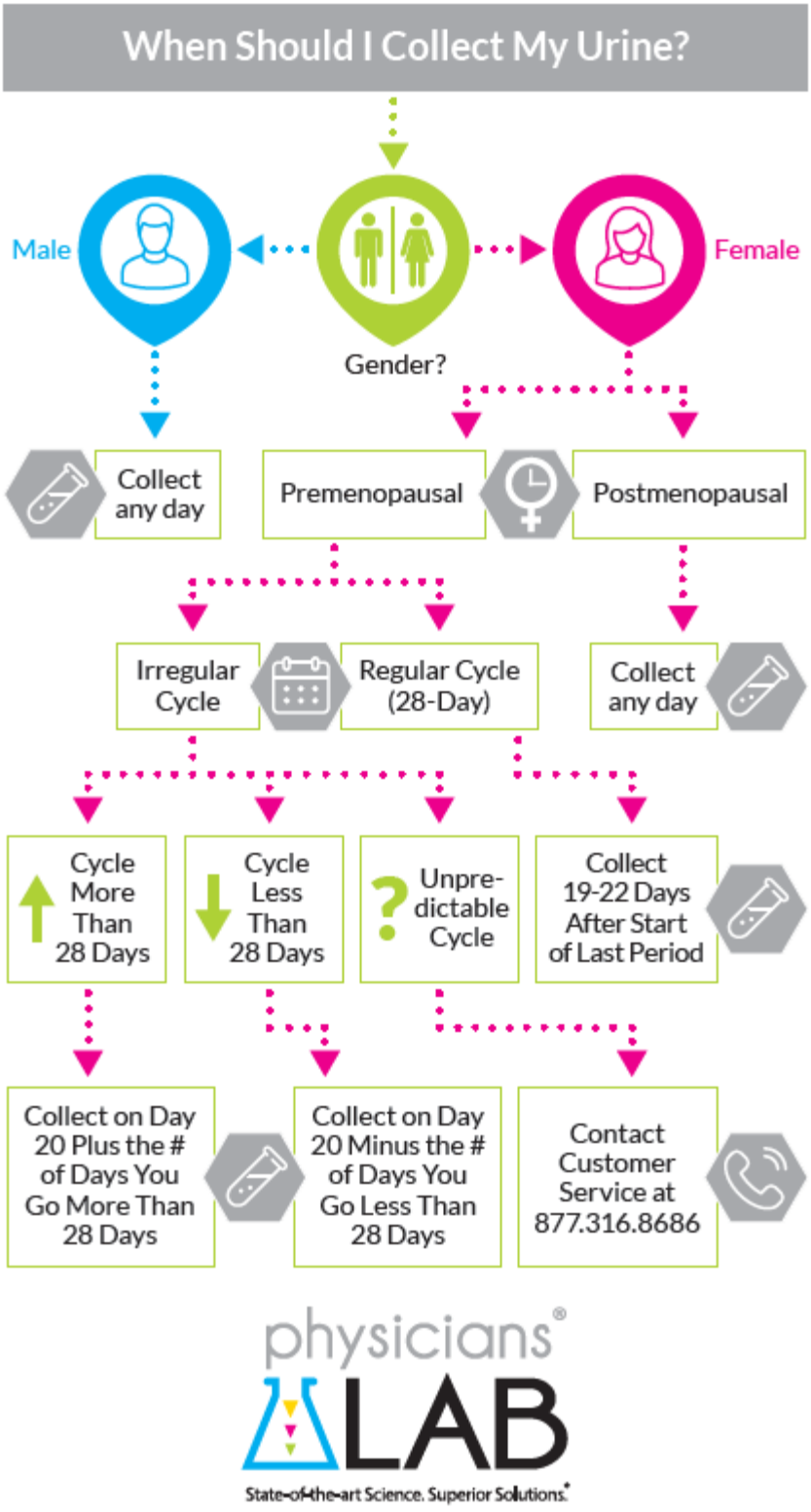
Collection Instructions

When Should I Collect My Urine?



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

Sample Rejection

Avoid over hydration. IMPORTANT: Most rejected samples are a result of exceeding fluid restrictions, consuming caffeine and/or taking diuretic medications. Please drink less than 8 oz. in between each collection and minimize caffeine/diuretics to avoid sample dilution. Dilute samples will require re-collection and may incur an additional shipping fee. All collection tubes must be sent back, or samples may be rejected. Samples over 30 days old will NOT be processed.

Day Prior to Collection

Preparation

Read all instructions completely. **Take hormones and supplements as prescribed (**see additional restrictions list of items that should be skipped for 3 days prior to testing).

Collection Timing

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

IMPORTANT: Please record collection day and times below and return with your samples.

Collection Day: _____/ _____/ _____ mm/dd/yy

Preparation	Collection Day 1	**Immediately After Waking** Empty bladder—Do NOT collect this urine. Do not take any Oral Hormones or Vaginal Hormones on this day. Do not drink any fluids until after you complete Collection #1.
Collection 1		**4 Hours After Waking Up** Collect Urine. Do not take any Oral Hormones. ***Collection Time*** ____:____
Collection 2		**4 Hours After Collection 1** Collect Urine. Do not take any Oral Hormones. ***Collection Time*** ____:____
Collection 3		**4 Hours After Collection 2** Collect Urine. Do not take any Oral Hormones. ***Collection Time*** ____:____
Collection 4		**4 Hours After Collection 3** Collect Urine. Do not take any Oral Hormones. ***Collection Time*** ____:____
Collection 5	Collection Day 2	**Immediately After Waking** Collect Urine. Collect within 5 minutes of waking up (do not lay in bed awake before collecting). Once you have collected this sample, you may resume normal hormone, supplement use. ***Collection Time*** ____:____

Hormone Users

Oral, Troche or Sub-lingual Therapies: The day before collection, continue use of hormones as prescribed. Do not take oral hormones during your collection process.

Patches, Pellets or Injectable: Collect half-way between administrations. For example, collect 3-4 days after a once-a-week patch, and 2 weeks after a once a-month injection. Perform daily injections as usual, unless otherwise directed by your physician.

Topical and Vaginal Hormone Cream Users: Do NOT use topical vaginal hormones on the day of collection as this may directly contaminate the urine and cause false-high results. Do NOT use bare hands for topical vaginal hormone application for at least two days prior to collection. **On day of collection, you should apply these hormones to your upper inner arm with gloves provided. Use a Clean Catch urine collection method on the day of collection.** Change hand towels the night before collecting. Avoid touching bathroom surfaces which may be contaminated with traces of hormones. Topical vaginal hormone use may be resumed AFTER the last urine collection in the process.

Fluid Restrictions

- Watch your water/fluid consumption
- Do not drink any fluids for 2-hours before collecting each sample. We suggest that you keep fluids to less than 8oz between each collection.
- No Caffeine after lunch
- Do not exceed normal intake of caffeine and Vitamin C for 24 hours before and during urine collection.

Additional Restrictions

It's up to the patient and physician to determine if they want an assessment of the body under the current metabolic conditions with supplements or without the aid of supplementation. Avoid anti-aging/anti-wrinkle facial creams for 3 days prior to testing as they may contain undisclosed hormones. Do not consume alcohol within 24 hours of collection. Delay collection if you have a urinary tract infection until after completing treatment. Avoid consumption of the following for at least 3 days prior to testing:

- Green Tea (ECGC)
- Black Tea
- Red Wine
- NSAIDs
- Hydrocortisone
- Menthol
- Clovebud Oil
- Peppermint Oil
- All-Spice Berry Oil
- Corticosteroids
- Milk Thistle
- Flax Seed
- Sesame Seed
- Grapefruit
- Phytoestrogen Supplements

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 test kit box:

- Tubes with frozen ice pack
- Billing/PHI Form
- Copy of insurance card (front and 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.

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