

Female Collection Instructions

Welcome to Physicians Lab where Advanced Urinary Hormone Testing is easy and informative.

Your Physicians Lab Urinary collection kit will be delivered directly to your home. Our urine sample collection method is easy, convenient and can be done in your home, office, or on-the-go.

In preparation for your urine sample collection, there are a few things to pay particular attention to. This video will guide you through choosing your collection date, timing your hormone therapies with your urine collection, fluid restrictions, and your entire day of urine sample collection.

Once you receive your collection kit, place the icepack into the freezer. This will be used to maintain sample temperatures when you return ship your urine samples, to Physicians Lab.

On the day of collection, you will collect a small urine sample every 4 hours starting from the moment you wake up. For example, if you wake up at 6 a.m., your first urine sample would be collected at 6 a.m. in the yellow tube, followed by a 10 a.m. in the orange tube, a 2 p.m. in the red tube, a 6 p.m. in the pink tube and a 10 p.m. urine collection in the blue tube. There is a 6th yellow sample collection tube provided for individuals who often wake up in the middle of the night. If you routinely awaken in the middle of the night to urinate, please collect this sample 4 hours before your waking sample, on the day of collection. Each sample tube is labeled and color-coded. Please make sure each urine sample is collected in the proper tube. Additionally, please make sure to note the time you collect each urine sample on your patient questionnaire form, included with your Physicians Lab testing kit.

If you no longer have menstrual cycles, you can complete your urine sample collection, any day of the month.

For women with menstrual cycles, your urine sample collection must be performed 6-8 days BEFORE the expected start of your menstrual cycle. If you are unsure of your expected start date, but have a regular 28-day menstrual cycle, your urine sample collection can be performed 21 days after the start of your last menstrual cycle. If you have irregular menstrual cycles, you can use an over-the-counter test to determine your ovulation and perform your urine sample collection, 7 days after ovulation.

Timing your Hormones Administration with Your Urine Sample Collection

Most hormones can be taken on the day of your urine sample collection, however, the administration of hormones taken by mouth and hormones applied vaginally must be altered during your urine sample collection process, to avoid sample contamination.

Hormones Taken by Mouth

Hormone therapies taken by mouth should be taken at least 16 hours prior to your first morning urine sample collection and avoided on the day of your urine sample collection, to avoid false elevations of your hormones, in the testing process.

Hormones Applied Vaginally

For women using vaginal hormone creams..., on the day prior to and on the day of your urine collection, we recommend you apply your hormone cream to your upper, inner arm. Additionally, to avoid contamination of your urine sample, women who routinely apply hormones vaginally, should use a clean-catch method to collect each urine sample.

In order to obtain a **Clean-Catch**; simply hold your labia apart, wipe the area front- to-back with a clean moist cloth and urinate while continuing to hold your labia apart.

On the night before sample collection, stop drinking fluids at 8 p.m. and completely empty your bladder before going to bed – do not collect this urine. Continue to refrain from drinking fluids until after your first morning urine sample collection.

Using a pipette provided in your Physicians Lab testing kit, transfer your urine from the cup to the 4 milliliter tube designated for the waking sample, until the tube is full. Make certain the cap is tightened and the tube is securely closed. The same cup can be used for subsequent urine sample collections throughout the day. Simply rinse the cup with water and wipe dry with a clean paper towel.

Use the re-sealable plastic bag inside the collection kit to store your urine samples after each collection. Your urine samples are stable at room temperature for 12 hours, and then must be refrigerated, until they are ready to be shipped to Physicians Lab, for testing.

Once you have collected your first waking sample, you may drink up to 8 ounces of fluid, for the next 3 hours. Refrain from drinking additional fluids 1 hour before each urine sample collection. Consuming additional fluids can dilute your urine sample and result in sample rejection, at the laboratory.

Additionally, if you always have caffeine in your daily routine, maintain your usual limits of caffeine while following the fluid restrictions between each urine sample collection. Repeat these steps every 4 hours until you have collected 5 urine samples and note each urine collection time on the patient questionnaire form, provided in your Physicians Lab testing kit.

Do not urinate between sample collections, however, if you cannot hold your urine for 4 hours at a time, you can urinate every 2 hours after the waking collection by filling each subsequent tube halfway at the 2-hour mark and finish filling the tube at the 4-hour mark.

Once you have completed collecting all 5 urine samples, make sure each urine sample tube is placed in the refrigerator until you are ready to ship your samples to Physicians Lab, for testing. **Make certain you do NOT freeze your urine samples.**

Shipping preparation

Place the tubes and frozen ice pack back into the original shipping box and seal them in the pre-paid, pre-addressed shipping envelope provided with your collection kit. Please make certain you include your completed patient questionnaire with your testing kit, when shipping your urine samples back to Physicians Lab. Your urinary hormone testing results could be delayed if you forget to include your completed patient questionnaire. Once your urine samples are received by Physicians Lab, most patient results are delivered to your healthcare provider within 8 business days. If you have additional questions regarding your urine sample collection process, please contact our friendly patient services team at (877) 316-8686, option 1.