- 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

Adrenal360 Urinary Adrenal Profile (24 Hour)

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

Need more information?
Please see our instructional videos at **www.PhysiciansLab.com** or call **877.326.5969**

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PHYL-KIT-24HR-2023-03-29

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Urinary Adrenal Profile (24 Hour)

Verify the following contents are in your kit.

Packing Materials

- 1 Foam Insert
- 1 Gel Ice Pack

Collection Devices

- 5 Single Use Collection Cups -Product 838-1300 CSS Tech Solution Company Unit 9A, 2/F, Block B, Kowloon Bay, Hong Kong SAR, China
- 5 Single Use Transfer Pipettes - Product Number 242 Samco Scientific Corp 168 Third Ave Waltham MA 02451
- 5 Single Use Urine Tubes - Product Number T501-5AT Simport Scientific 2588 Bernard-Pilon, Beloeil QC, J3G 4S5 Canada

When Should I Collect My rine?

Female: Collect any day.

Male: Collect any day.

Preparing for the Test

- Avoid supplements containing Creatine for 48 hours before testing.
- Avoid Alcohol the night before and during the collection process.
- Stop drinking fluids 2 hours before bed.
- Do not exceed your usual intake of caffeine and Vitamin C for 24 hours prior to urine collection.
- **Place the gel pack in your freezer.**

How To Collect?

1. Collect urine specimen in a single use disposable cup.
2. Transfer urine specimen from the cup to the color coded corresponding urine tube with a single use plastic pipette.
3. Screw cap onto test tube securing urine specimen.
4. Dispose of collection cup and transfer pipette
5. Refrigerate each sample after it is collected

Place all these items in box:

- Place the 5 urine samples in the foam insert provided in the kit.
- Place frozen gel pack on top of specimens in the foam insert.
- Place this document with collection date and times on top of ice pack.

Shipping

- Place the fozen icepack on top of the specimens immediately before shipping
- In the event you are not able to ship them the day testing is completed, simply store the samples in the refrigerator and ship the samples the following day.

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 am unable to hold my urine for four hours?
A: Collect the urine at 2 hours and 4 hours; mix the collections 50/50 in the collection tube.

Q: What if I wake up in the middle of the night to urinate?
A: Do not collect any overnight sample collect upon waking for the day.

IMPORTANT: Record collection dates and times below and return this sheet with your samples.

Collection Day: ____ / ____ / ____ *mm/dd/yy* Refrigerate each sample after it is collected.

Step 1: Waking (day 1 of collection) **EMPTY BLADDER DO NOT COLLECT**	***Upon waking* on the day of collection:** ▼ When you are ready to **awaken for the day**, completely empty your bladder into the toilet. ▼ **DO NOT** collect this urine. ▼ Restrict fluid intake to 4 oz over the next 4 hours. *Time of WAKING ____:____* *DO NOT COLLECT*
Step 2: **Collection 1**	**Four (4) hours after waking:** ▼ Collect Urine - follow "How To Collect" ▼ Restrict fluid intake to 8 oz over the next 4 hours. *Collection Time ____:____*
Step 3: **Collection 2**	**Four (4) hours after Collection #1:** ▼ Collect Urine - follow "How To Collect" ▼ Restrict fluid intake to 8 oz over the next 4 hours. *Collection Time ____:____*
Step 4: **Collection 3**	**Four (4) hours after Collection #2:** ▼ Collect Urine - follow "How To Collect" ▼ Restrict fluid intake to 8 oz over the next 4 hours. *Collection Time ____:____*
Step 5: **Collection 4**	**Four (4) hours after Collection #3:** ▼ Collect Urine - follow "How To Collect" ▼ Restrict fluid intake to 8 oz overnight *Collection Time ____:____*
Step 6: Prepare for tomorrow	▼ Your next collection will be tomorrow (immediately upon waking). ▼ **If you awaken to urinate in the middle of the night, do not collect this urine.**
Step 7: Waking (day 2 of collection) **Collection 5**	**Immediately upon waking for the day:** ▼ Collect urine within 5 minutes of waking up: follow "How To Collect" *Collection Time ____:____*