- 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

Hormone360 Complete

Urinary Hormone 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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4850 T-Rex Avenue, Suite 150
Boca Raton, FL 33431

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

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Urinary Hormone 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 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 877.326.5969.

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 night before and during the collection process.
- 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 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 frozen 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.

Q: Should I continue taking my birth control during my collection?
A: Yes, continue taking birth control as prescribed by your physician.

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: Preparation (day before) (hormone users only):	▼ **Vaginal Hormones:** Apply Vaginal hormones to the upper inner arm, instead of vaginally, on the day before and day of collection. Vaginal hormone users should use a clean catch method to collect urine. ▼ **Hormones Taken by Mouth:** Oral, Troche & Sublingual hormones ***can*** *be taken the day before collection but must be completely avoided during the collection days.* ▼ Take all other hormones and supplements as prescribed.
Step 2: 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. ▼ No oral hormones. *Time of WAKING ____:____* *DO NOT COLLECT*
Step 3: Collection 1	**Four (4) hours after waking:** ▼ Collect Urine - follow "How To Collect" ▼ Restrict fluid intake to 8 oz over the next 4 hours. ▼ No oral hormones. *Collection Time ____:____*
Step 4: 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. ▼ No oral hormones. *Collection Time ____:____*
Step 5: 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. ▼ No oral hormones. *Collection Time ____:____*
Step 6: Collection 4	**Four (4) hours after Collection #3:** ▼ Collect Urine - follow "How To Collect" ▼ Restrict fluid intake to 8 oz overnight ▼ No oral hormones. *Collection Time ____:____*
Step 7: Prepare for tomorrow	▼ NO oral hormones (hormones by mouth). ▼ 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 8: 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" ▼ Once you have collected this sample, you may resume normal hormone and supplement use. *Collection Time ____:____*