Hormone360
Sex Hormone Balance
Profile First Morning Void

State-of-the-art Science. Superior Solutions

PHYSICIANS LAB

- Failure to follow instructions may compromise the clinical usefulness of your lab results.
- Please contact your healthcare 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

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

For questions regarding sample collection, please call Physicians Lab's dedicated patient advocate team at (877) 326-5969

© Copyright 2020 Physicians Lab. All rights reserved. PHYL-KIT-INSTUCTIONS-FMV-2024-03-18

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 day before your collection.
- 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.
- Place the ice pack in the freezer
- Do not exceed your usual intake of caffeine and Vitamin C for 24 hours prior to urine collection.
- Avoid Alcohol the night before the collection

Place the urine sample and frozen ice pack into the box immediately before shipping using the pre-paid shipping envelope provided. In the event you are unable to ship them the day testing is completed, simply store the sample in the refrigerator and ship the sample the following day.

How To Collect?

1. Collect urine specimen in the single use disposable cup.
2. Transfer urine specimen from the cup to the 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 sample after it is collected

Collection Instructions

Step 1: Preparation (day before collection)

- **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) the day before the collection.
- Take all other hormones and supplements as prescribed.

Step 2: Bedtime (day before collection)

- Completely empty your bladder.
- DO NOT collect this urine.
- Avoid fluids until after collection tomorrow.
- **If you awaken to urinate in the middle of the night,do not collect this urine.**

Step 3: Waking (day of collection)

- Collect urine within 5 minutes of waking up
- Follow "How To Collect"
- Once you have collected this sample, you may resume normal hormone use of supplement

Step 4: Record Date and Time of Collect

IMPORTANT

Record collection date and time below and return this card with your sample.

Collection Date and Time

Collection Date: ____/____/____ *mm/dd/yy*

Collection Time: _____ : _____