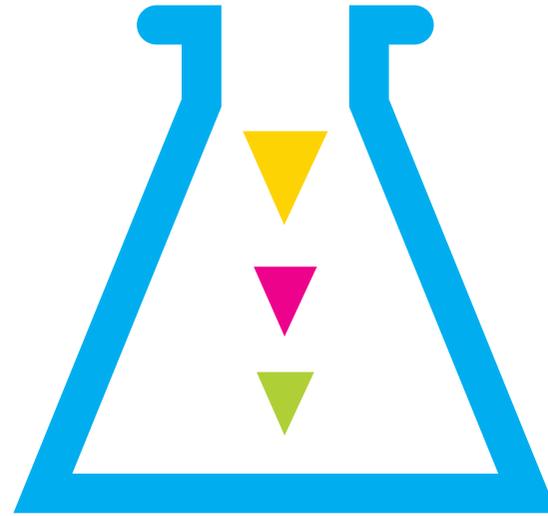


- ▼ Failure to follow instructions may compromise the clinical usefulness of your lab results.
- ▼ Please contact your health care provider or Physicians Lab if you need assistance.
- ▼ Abnormal kidney function may influence test results. Do not perform on individuals with kidney disorders.
- ▼ Certain 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](http://www.PhysiciansLab.com)

## Comprehensive Urinary Hormone Profile (First Morning Void)



To complete your online questionnaire, please visit [www.Survey.PhysiciansLab.com](http://www.Survey.PhysiciansLab.com) and enter in the code below:

To view collection instruction videos online, please scan the QR code below or visit [www.PhysiciansLab.com/collection-instructions](http://www.PhysiciansLab.com/collection-instructions)



Need more information?  
Please see our instructional videos at [www.PhysiciansLab.com](http://www.PhysiciansLab.com) or call 877.316.8686



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

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State-of-the-art Science. Superior Solutions.  
Comprehensive Urinary Hormone Profile (First Morning Void)

## 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 877.316.8686.

**Menopausal Female:** Collect any day.

**Male:** Collect any day.

## Preparing for the Test

- ▼ Avoid supplements containing Creatine for 48 hours before testing
- ▼ 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.

## How To Collect?

1. Collect urine specimen in disposable cup.
2. Transfer urine specimen from the cup to the color coded test tubes using plastic pipette.
3. Screw cap onto test tube securing urine specimen.
4. Ship sample with the frozen ice pack the day it is collected.

## Shipping

- ▼ Place the urine sample 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 the day testing is completed, simply store the samples in the refrigerator and ship the samples the following day.

## Place all these items in box:

- ▼ Tubes with frozen ice pack on top
- ▼ Collection Date and Times (this document)
- ▼ Billing/PHI Form
- ▼ Copy of insurance card if applicable (front & back)

## 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 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.

## Collection Instructions

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

<p><b>Step 1: Preparation</b> (day before collection) (hormone users only):</p> 	<ul style="list-style-type: none"><li>▼ <b>Vaginal Hormones:</b> Apply Vaginal hormones to the upper inner arm, instead of vaginally, on the day before collection. Vaginal hormone users should use a dean catch method to collect urine.</li><li>▼ <b>Hormones Taken by Mouth:</b> <b>Stop taking</b> Oral, Troche &amp; Sublingual hormones (any hormone taken by mouth) <b>the day before the collection.</b></li><li>▼ Take all other hormones and supplements as prescribed.</li></ul>
<p><b>Step 2: Bedtime</b> (day before collection)</p>  <p><b>EMPTY BLADDER—DO NOT COLLECT</b></p>	<p><b>At bedtime the night before collection:</b></p> <ul style="list-style-type: none"><li>▼ Completely empty your bladder.</li><li>▼ <b>DO NOT</b> collect this urine.</li><li>▼ Avoid fluids until after collection tomorrow.</li></ul>
<p><b>Step 3: Waking</b> (day of collection)</p>  <p><b>Collection 1</b></p>	<p><b>Immediately upon waking for the day:</b></p> <ul style="list-style-type: none"><li>▼ Collect urine within 5 minutes of waking up.</li><li>▼ Once you have collected this sample, you may resume normal hormone and supplement use.</li></ul>
<p><b>Step 4: Record Date and Time of Collection</b></p> 	<p><b>IMPORTANT: Record collection date and time below and return this sheet with your sample.</b></p> <p><b>Collection Day:</b> _____ / _____ / _____ <small>mm/dd/yy</small></p> <p><b>Collection Time:</b> _____ : _____</p>

In the case that urine and blood spot specimens are under the same order, if the collection time is missing for either it will be assumed that the collection of the first morning urine and blood spot are the same.