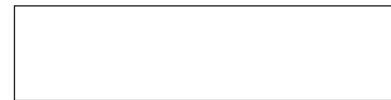
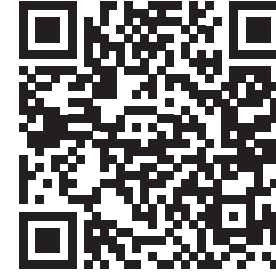


- ▼ Failure to follow instructions may compromise the clinical usefulness of your lab results.
- ▼ Please contact your health care provider or Physicians Lab if you need assistance.
- ▼ Abnormal kidney function may influence test results. Do not perform on individuals with kidney disorders.
- ▼ Certain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

## Urinary Hormone Profile (24 Hour)



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 **877.326.5969**



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

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



State-of-the-art Science. Superior Solutions

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.

|  |   |
|--|---|
| <p>Step 1: Preparation (day before) (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 and day of collection. Vaginal hormone users should use a clean catch method to collect urine.</li> <li>▼ <b>Hormones Taken by Mouth:</b> Oral, Troche &amp; Sublingual hormones <i>can be taken the day before collection but must be completely avoided during the collection days.</i></li> <li>▼ Take all other hormones and supplements as prescribed.</li> </ul> |
| <p>Step 2: Waking (day 1 of collection)</p>  <p><b>EMPTY BLADDER DO NOT COLLECT</b></p> | <p><b>Upon waking on the day of collection:</b></p> <ul style="list-style-type: none"> <li>▼ When you are ready to <b>awaken for the day</b>, completely empty your bladder into the toilet.</li> <li>▼ <b>DO NOT</b> collect this urine.</li> <li>▼ Restrict fluid intake to 4 oz over the next 4 hours.</li> <li>▼ No oral hormones.</li> </ul> <p>Time of WAKING ____:____<br/>DO NOT COLLECT</p>   |
| <p>Step 3:</p>  <p><b>Collection 1</b></p>  | <p><b>Four (4) hours after waking:</b></p> <ul style="list-style-type: none"> <li>▼ Collect Urine - follow "How To Collect"</li> <li>▼ Restrict fluid intake to 8 oz over the next 4 hours.</li> <li>▼ No oral hormones.</li> </ul> <p>Collection Time ____:____</p>   |
| <p>Step 4:</p>  <p><b>Collection 2</b></p>  | <p><b>Four (4) hours after Collection #1:</b></p> <ul style="list-style-type: none"> <li>▼ Collect Urine - follow "How To Collect"</li> <li>▼ Restrict fluid intake to 8 oz over the next 4 hours.</li> <li>▼ No oral hormones.</li> </ul> <p>Collection Time ____:____</p>    |
| <p>Step 5:</p>  <p><b>Collection 3</b></p>  | <p><b>Four (4) hours after Collection #2:</b></p> <ul style="list-style-type: none"> <li>▼ Collect Urine - follow "How To Collect"</li> <li>▼ Restrict fluid intake to 8 oz over the next 4 hours.</li> <li>▼ No oral hormones.</li> </ul> <p>Collection Time ____:____</p>    |
| <p>Step 6:</p>  <p><b>Collection 4</b></p>  | <p><b>Four (4) hours after Collection #3:</b></p> <ul style="list-style-type: none"> <li>▼ Collect Urine - follow "How To Collect"</li> <li>▼ Restrict fluid intake to 8 oz overnight</li> <li>▼ No oral hormones.</li> </ul> <p>Collection Time ____:____</p>   |
| <p>Step 7: Prepare for tomorrow</p>   | <ul style="list-style-type: none"> <li>▼ NO oral hormones (hormones by mouth).</li> <li>▼ Your next collection will be tomorrow (immediately upon waking).</li> </ul> <p>▼ <b>If you awaken to urinate in the middle of the night, do not collect this urine.</b></p>   |
| <p>Step 8: Waking (day 2 of collection)</p>  <p><b>Collection 5</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.- follow "How To Collect"</li> <li>▼ Once you have collected this sample, you may resume normal hormone and supplement use.</li> </ul> <p>Collection Time ____:____</p>    |