



Instructions For	24-Hour Urine Hormone Test(s)
When to Ship	Monday-Thursday
Observed Holidays <i>*Do not ship the day before an observed holiday</i>	New Years Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and following day, Christmas Day.
Notes for this test:	Please list all hormones used the day before and during the sample collection. Note clearly the route of administration of these hormones (cream on labia, oral, sublingual, etc.)

Kit Contents	
1 Requisition Form	3 Biohazard Bags
1 Instruction Sheet	3 Ziplock Bags
1 Collection Jug	1 Shipping Box
3 Clear Vials	1 UPS Lab Pak
1 Ice Pack	1 UPS Return Label

Prior to Collection

- If on hormone replacement therapy, consult with your physician as to whether these hormones should be taken during collection. It is generally recommended to continue hormone replacement during collection.
- Collection should be done on a day with typical level of stress. Do not collect on a day of abnormally high stress.
- Women should collect urine on day 19, 20 or 21 of a 28 day menstrual cycle. If the cycle is longer or shorter than 28 days, add or subtract the corresponding number of days and adjust the collection date. For example, if on a 30 day cycle, simply add two days to the collection day; in this case it would be days 21, 22, or 23.
- If postmenopausal, and cyclically administering estrogens and progesterone, do not collect urine until on both estrogens and progesterone for at least 5 days. Postmenopausal women not on hormone replacement or who take hormones continuously may collect urine on any day.
- Limit fluid intake to 2 liters (68oz), this includes all fluids throughout the 24-hour period. Do not exceed normal intake of caffeine, alcohol, and Vitamin C for 24 hours before and during urine collection.
- If any specimen is missed /spilled during collection time or it gets contaminated with blood or feces, you will need to start over. Discard all the urine, rinse the jug with hot water, empty completely, and recollect.
- When there is no boric acid tablet in the jug, refrigerate the jug for the entire collection time.
- If more than one jug is needed, another clean plastic container may be used. Do not use glass or metal. Contact lab for additional information as to how to mix the two samples together.

Collection Instructions

1. Place the Styrofoam lid, which contains the ice pack, into the freezer prior to starting collection.
2. Begin urine collection at any time. To begin, discard first urination into toilet. Record this time, and collect all urinations for the next 24-hours in the jug.
3. At exactly the same recorded time the next day of the first void, urinate a final time into the jug.
4. Record the total volume in jug by placing the collection jug in an upright position and reading the volume from the scale. Record the total volume on the Requisition form and on the vials.
5. Secure lid and invert collection jug. Pour urine into all 3 vials up to the upper 40mL line. Secure the lids tightly. Make sure labels all have name, date, and total volume of 24-hour urine collection.
6. Complete Hormone Symptom Questionnaire (*on the reverse side*), Requisition Form, and include payment (*if required*).

Shipping Instructions

1. Place vials in 3x7 bags and seal. Place vials in the zippered portion of the biohazard bags, and seal the bag.
2. Place the requisition and questionnaire in the outside pocket of the biohazard bag along with payment if required.
3. Place the bags into the Styrofoam container. Take the lid with the ice pack and place on top of it.. Place the container in the cardboard shipping box.
4. Place the shipping box in the UPS lab pak and seal securely.
5. Place return shipping label with barcode on outside of UPS lab pak.
6. Call UPS toll free 1-800-742-5877 for pickup or nearest drop location. When calling for UPS pickup, request "on call air" only. Anything else may result in a patient charge.