



<b>Instructions For</b>	<b>Dried Urine Hormone Test(s)</b>	<b>Kit Contents</b>	
<b>Notes for this test:</b>	Do not remove collection cards from the plastic bag until you are ready to collect. Avoid touching the filter paper part of the collection card at all times.  Please fill out the Hormone Questionnaire enclosed with this kit. This allows us to help your health care	1 Requisition Form	1 Questionnaire
		1 Instruction Sheet	1 Collection Cup
		4 Dry Urine Cards	1 Biohazard Bag
		4 Stickers	1 Return Envelope & Label

## Preparing for the Collection Day

Before starting collection, review all of the collection instructions and timing instructions. Try to plan your day, as much as possible, based on the collection timing. We recommend using an alarm, cell phone, watch, or other timing device to help alert you of collection times to ensure you do not miss one.

- Avoid supplements containing creatine, such as body building supplements, the day before and during the collection period. If you are unsure about a supplement, check the label for “creatine.”
- Heavy exercise and heavy intake of meat can increase creatinine levels and skew hormone results. On the day before and day of collection, try to do only moderate exercise (such as walking) and have moderate meat intake.
- If using hormones (estrogen, testosterone, thyroid, etc.) **consult your health care practitioner** as to whether these hormones should be used during the collection period. It is usually recommended to continue hormone replacement during collection.

### What day to collect:

- Collection should be done on a day that is typical for you. Do not collect on a day of unusually high stress or when maintaining the schedule for drinking fluids and collecting urine would be very difficult.
- **Men and post-menopausal women** who are **not** taking hormones can collect any day of the month.
- **Women with regular menstrual cycles** should collect on day 19, 20, or 21 of a 28-day menstrual cycle. Day 1 of the menstrual cycle is the first day of bleeding. If your monthly cycle is longer or shorter than 28 days, add or subtract a corresponding number of days and adjust the collection date. For example, if you have a 30 day cycle, add two days and collect on day 21, 22, or 23.
- **Women with irregular menstrual cycles** should consult your health care practitioner about when to collect.
- **Postmenopausal women who are using hormones** should collect when hormones have been in use for at least 5 days in a row.
- Women and men using daily estrogen and/or testosterone should apply hormone creams **immediately after** the first morning collection. If you normally apply estrogen or testosterone in the evening, switch to morning on the day before and the day of collection. Progesterone may be applied in the evening or the morning.

## Collection Instructions:

- How much fluid you drink, and when you drink it, can affect test results. Total fluid intake during the collection period should be between 2-3 liters (approximately 68-100 ounces).
- In order to maintain a uniform urine concentration, avoid consuming large volumes of fluid all at one time. Instead, drink evenly throughout the day. For best results, drink 2-3 ounces of water (or other fluids) every 30 minutes.
- Follow the collection steps illustrated at the top of the next page.
- After collection, allow cards to dry in a well-ventilated area. Use the provided sticker to hang cards from a counter edge or towel bar. Do not allow the filter paper portion of the card to come into contact with anything while drying. Dry the cards for at least 24 hours.

## Three Easy Collection Steps



**1** Fill out all information on the card prior to each collection. Be sure to write down the time. Collect urine into cup.

**2** Submerge the filter paper end of the card into the urine cup for **five seconds**. Submerge to just above the top marker line.

**3** Remove the card from the urine cup and tape it so that it hangs freely to dry. Allow to dry for at least 24 hours. Discard remaining urine after each collection.

**Repeat** Repeat the process for each collection according to the collection timing guidelines.

*You may rinse the collection cup after discarding the urine, but DO NOT USE SOAP.*

## Collection Timing:

Collection times suggested here are for individuals who have a fairly typical schedule in which they sleep at night and are awake during the day. If you are a shift worker or have an unusual schedule, consult your health care practitioner about when to collect.

**Card #1, First collection, upon waking (5:00-8:00 AM):** Collect immediately upon waking. After collection, you may take supplements, medication, and have breakfast as usual. For best results, drink 2-3 ounces of water (or other fluids) every 30 minutes until the 2nd collection.

**Card #2, Second collection (7:00-11:00 AM):** Collect between 2-3 hours after previous collection. Continue to drink 2-3 ounces of fluid every 30 minutes until the 3rd collection.

**Card #3, Third collection, before dinner (3:00 -6:00 pm):** Collect at least 4 hours after previous collection. Continue to drink 2-3 ounces of fluid every 30 minutes until the 4th collection.

**Card #4, Fourth collection, at bedtime (9:00 pm— Midnight):** Collect at least 4 hours after previous collection.

*It is okay, if necessary, to urinate between collection times.  
However, try not to urinate closer than one hour before your next collection.*

## Shipping Your Test Back to the Lab

- Once samples are dry, fold outer cover back over filter paper strip and place into plastic bag, **taking care not to touch the filter paper** portion.
- Place the cards into the biohazard bag.
- Complete the requisition form along with payment information (if necessary).
- Remember to fill out the enclosed questionnaire. This is important for helping us interpret the results for your health care practitioner.
- Fold the requisition form and questionnaire and place in outside pocket of the biohazard bag.
- Place the biohazard bag into the provided return envelope. The box that contained the collection cards can be recycled.
- Ship back to Meridian Valley Lab using the provided courier service:

**To schedule a pick-up:**

UPS: 1-800-742-5877

**To find a drop-off location:**

UPS: [https://www.ups.com/dropoff?loc=en\\_US](https://www.ups.com/dropoff?loc=en_US)

*Proper collection makes a difference in your test results!  
If you have questions about how to collect your urine for this test,  
please consult your health care practitioner or call us at 855-405-TEST (8378).*