

24-Hour Urine Collection and Shipping Instructions

Contamination Warning

For women applying hormone cream/gel on labia and/or vaginally, before collection, thoroughly wash genital area. On the day of urine collection, **DO NOT** apply hormone cream/gel to the vaginal labia region as contamination can occur. Apply the hormone cream/gel to the rectal mucosa junction on the day of collection. Applying to other areas of the body (arms, legs, etc) may result in reduced absorption. Immediately contact your physician or this lab for questions. Failure to comply with these instructions could result in a contaminated urine sample necessitating a recollection and retest at prevailing lab rates.

Kit Contents:

1 - Instruction Sheet-Questionnaire, & Requisition Form
1 - Urine Collection Cup
1 - Orange Urine Jug (w/ a Boric Acid Tablet)
3 - 50 mL Urine Vials; 3 - 10 mL Urine Vials
1 - Ice Pack (*situated inside the lid of Styrofoam container*)
4 - Biohazard Bags
1 - Cardboard Shipping Box
1 - Styrofoam Container
1 - UPS Next Day Air Pack (US & Canada only)
1 - UPS Next Day Shipping Label (US & Canada only)

IMPORTANT INFORMATION - read this before beginning collection

1. If on hormone replacement therapy (estrogens, testosterone, thyroids, etc), consult with prescribing physician as to whether these hormones should be taken during collection. It is generally recommended to continue hormone replacement during collection.
2. Collection should be done on a day with typical level of stress. Do not collect on a day of abnormally high stress.
3. Avoid flax, flaxseed, borage, and primrose supplements a week prior to and during collection.
4. Day 1 of the menstrual cycle is the first day of bleeding. It is recommended that a normally cycling woman 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 a 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.
5. 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.
6. Limit fluid intake to 2 liters (68oz). Do not exceed normal intake of caffeine, alcohol, and vitaminC 24 hours before and during urine collection. If doing melatonin test, no caffeine and aspirin products 24 hours before and during urine collection.
7. Avoid contaminating urine collection with blood and/or feces. Should contamination occur, rinse the jug, empty completely, and recollect.
8. If any specimen is missed during collection time, discard all the urine, rinse the jug, empty completely, and recollect.
9. When no boric acid tablet in the jug, refrigerate the jug for the entire collection time.
10. If more than one jug is needed, another clean plastic container may be used. Contact the lab for details.

COLLECTION INSTRUCTIONS

1. **PLACE THE STYROFOAM LID, WHICH CONTAINS THE ICE PACK, INTO FREEZER BEFORE COLLECTION.**
2. Begin urine collection at any time. To begin, empty bladder completely. Do not collect this urine. Record the time as the starting time.
3. For the next 24 hours, collect **ALL** urine – day and night. At exactly same time the next day, urinate a final time into the container. For example, if the collection began at 10am Monday, it should be completed at exactly 10am Tuesday.
4. At completion of 24 hour collection, record the total volume by placing the collection jug in an upright position and reading the volume from the scale. Record the volume on the Requisition form.
5. Secure lid and shake collection jug. Pour off urine into each vial. Label vials with name, date and total volume.
6. Complete Hormone Symptom Questionnaire ON THE REVERSE SIDE and Requisition Form and include payment if required.

SHIPPING INSTRUCTIONS

do not ship the whole jug ever!

1. 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; include payment if required.
3. Place the bag into the Styrofoam container. Place the container in the cardboard shipping box.
4. Place the cardboard box in the UPS next day air pack and securely seal.
5. Place the return shipping label with barcode on the outside UPS next day air bag.
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.

Send specimens Monday through Thursday only.