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| <b>Instructions For</b>     | Dried Urine Hormone Test(s)   |
| <b>Notes for this test:</b> | On the day of urine collection, DO NOT apply hormone cream/gel to the vaginal labia region as contamination can occur. Hormone creams that may cause contamination include estrogen, testosterone, DHEA, cortisone, and hydrocortisone. 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. |

| <b>Kit Contents</b> |                   |
|---------------------|-------------------|
| 1 Requisition Form  | 1 Questionnaire   |
| 1 Instruction Sheet | 1 Collection Cup  |
| 4 Dry Urine Cards   | 1 Biohazard Bag   |
| 4 Green Stickers    | 1 Return Envelope |

## Collection Notes

- Fluid intake volume and pattern (sip throughout the day versus consuming large volume at once) affect hormone concentration in urine. Avoid consuming large volume of fluid at once in order to maintain a relatively steady urine concentration. Daily fluid intake should not exceed 3 liters.
- Large consumption of meat will increase creatinine level.
- If on hormone replacement therapy (estrogens, testosterone, thyroids, etc), consult with your physician as to whether these hormones should be taken during collection. It is generally recommended to continue hormone replacement during collection.
- It is recommended that a normally cycling woman collect urine 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 the cycle is longer or shorter than 28 days, add or subtract a corresponding number of days and adjust the collection date.
- 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.

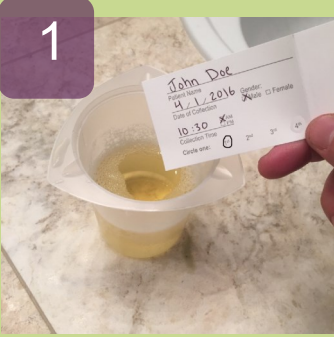
## Before Collection

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.

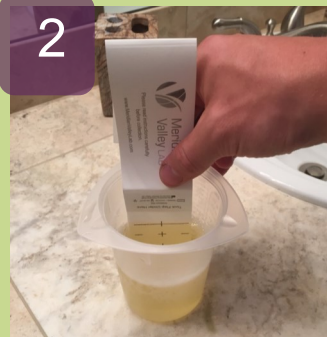
We recommend utilizing an alarm, cell phone, watch, or other timing device to help alert you of collection times to ensure you do not miss one.

## Contamination Warning----Hormone Placement

On the day of urine collection, DO NOT apply hormone cream/gel to the vaginal labia region as contamination can occur. Hormone creams that may cause contamination include estrogen, testosterone, DHEA, cortisone, and hydrocortisone. 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.



1 Fill out all information on the cards. Collect urine into cup. Make sure information is filled out prior to starting.



2 Dip the card, submerge once or twice, to just above the top marker line. Discard urine after each collection



3 After removing the card from the urine cup, tape it so that it hangs freely to dry for at least four hours.



4 Repeat for each urine collection according to the collection timing guidelines.

## Collection Timing

**Card #1 First morning urine (5:00-8:00 am):** Collect immediately upon waking. After collection, you may take supplements, medication, and have breakfast as usual. After first morning collection, limit total fluid intake to 8-10 oz until second collection.

**Card #2 Second morning urine collection (7:00-11:00 am):** Collect at least 2 hours after previous collection.

**Card #3 Afternoon collection, before dinner (3:00 -6:00 pm):** Collect at least 4 hours after previous collection. Restrict fluid intake 2 hours before collection. If you cannot go without fluid for 2 hours, take small sips of water.

**Card #4 Bedtime collection (9:00 pm— Midnight):** Collect at least 4 hours after previous collection. Restrict fluid intake 2 hours before collection.

Allow cards to dry in a well-ventilated area. Use the provided green sticker to hang them 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. It takes about 4 hours for the urine card to dry completely.

Once samples are dry, fold outer cover back over urine strip and place into plastic bag, taking care not to touch the collection paper portion.

Complete the requisition form along with payment (if necessary).

Remember to fill out the enclosed questionnaire.

## Shipping Instructions

Place the cards into the biohazard bag.

Fold the requisition form and place it in outside pocket of the biohazard bag.

Place the biohazard bag into the provided return envelope.

Contact the provided courier service, or drop-off at an approved drop zone/facility.