



Instructions for:	24-Hour Urine Hormone Test(s)	Kit Contents:	
When to ship:	Monday-Thursday	1 Requisition form	1 Ice pack
DO NOT SHIP the day before an observed holiday.	Observed holidays: New Years Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and following Friday, and Christmas Day.	1 Instruction sheet	3 Ziplock bags
Notes for this test:	Please complete the Hormone Questionnaire included in this test kit and return it with the test specimens. The information you provide is confidential and will be used to assist your health care practitioner in understanding your test results and to help us improve our tests.	1 Hormone questionnaire	3 Biohazard bags
		1 Collection cup	1 Styrofoam container
		1 Collection jug	1 Cardboard outer box
		2 Clear vials	1 UPS Lab Pak
		1 Amber vial	1 UPS return label

Prior to Collection

Before starting collection, review all of the collection instructions.

- Place the Styrofoam lid of the kit, which contains the ice pack, into the freezer prior to starting collection. Be sure to keep the ice pack inside the lid when freezing. Not doing so may result in the ice pack expanding so that it will not fit in the lid.
- Collection should be done on a day that is typical for you. Do not collect on a day of unusually high stress or when frequent collection of urine would be difficult.
- 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:

- **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.

For 48 hours prior to collection and on the day of collection:

- If you are using a DHEA or hydrocortisone (cortisol) **cream** in the vaginal area, it **should be applied elsewhere** on the day of collection on the same type of skin. Apply creams to the surface of the anal opening for a similar level of absorption.
- Do not exceed your usual intake of caffeine, alcohol, and Vitamin C.
- Nitrates testing (men):** Avoid foods high in nitrites and nitrates, such as preserved meats (sandwich meats, bacon, ham, etc.) as well as Swiss chard, kale, spinach, celery, and root vegetables. The high nitrate/nitrite content of these foods may alter test results.

Collection Instructions:

- Begin urine collection at any time. To begin, urinate into the toilet and record the time and date on the Hormone Questionnaire. **Do not add this first urination to the orange collection jug.**
- Collect all other urine for the next 24 hours using the enclosed collection cup and add to the orange collection jug.
- Do not exceed 2 liters (68 ounces) of fluid intake, unless pregnant, nursing, or directed by your health care practitioner. This includes all fluids throughout the 24-hour period.
- The next day, make a final collection at the same time as you started the test on the previous day. Record this time on the hormone questionnaire.

Frequently Asked Questions:

- What if I miss a collection? What if some of the urine gets spilled?
If any specimen is missed /spilled during collection time you will need to start over.
- I got my period the night of my 24-hour collection. What should I do?
If any specimen gets contaminated with blood or feces, you will need to start over.
- If I need to recollect, what should I do with the urine I already collected?
Discard all the urine, rinse the jug with hot water, empty completely, and recollect.
- Help! I need to recollect, but I don't have another boric acid tablet for the jug. What should I do?
When there is no boric acid tablet in the jug, refrigerate the jug for the entire 24-hour collection period.
- I am trying to limit my water intake, but I am still going to have more urine than fits in this jug. What should I do?
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.

Proper collection makes a difference in your test results!

*If you have questions about how to collect your urine for this test, watch our collection video at meridianvalleylab.com
If you still have questions, please consult your health care practitioner or call us at 855-405-TEST (8378).*

Shipping Your Test Back to the Lab:

- Measure the total volume in jug by placing it in an upright (vertical) position and reading the volume from the scale. Record the total volume on the Hormone Questionnaire and on all three vials.
- Secure lid and invert collection jug to mix the contents. 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.
- Place each vial into one of the small (3' x7") Ziplock bags and seal.
- Place each Ziplock bag with its vial in the zippered portion of a biohazard bag and seal the bag.
- If you haven't already done so, **please fill out the Hormone Questionnaire now.** This is important for helping us interpret the results for your health care practitioner.
- Fold the Requisition form and completed Hormone Questionnaire and place in the outside pocket of one of the biohazard bags, along with payment, if required.
- Place all three bags into the Styrofoam container. Place the lid with the frozen ice pack on top, and place the Styrofoam container into the cardboard shipping box.
- Place the shipping box in the UPS Lab Pak and seal securely. (Alaska and Hawaii: FedEx)
- Place the return shipping label with barcode on the outside of the Lab Pak.
- Ship back to Meridian Valley Lab using the provided courier service:

Read total volume from scale on jug.



To schedule a pick-up:

UPS: 1-800-742-5877

FedEx: 1-800-436-3339 (Alaska & Hawaii)

To find a drop-off location:

UPS: https://www.ups.com/dropoff?loc=en_US

FedEx: <http://www.fedex.com/us/dropbox/>