

# DRIED URINE HORMONE TEST

## Collection Instructions

**IMPORTANT:**

*This test is not suitable  
for patients younger  
than 18 years of age.*

**Contents:**

- 1 Requisition form
- 1 Collection instructions pamphlet
- 1 Hormone questionnaire (2 sides)
- 1 Collection cup
- 8 Urine collection cards
- 1 Biohazard bag with dessicant  
*(Keep inside biohazard bag)*
- 1 Green cardboard box
- 1 Mailer and 1 prepaid return label  
*(Included if shipped within U.S. or Canada)*

**1-855-405-8378 [TEST]**

6839 Fort Dent Way #206, Tukwila, WA 98188

[www.meridianvalleylab.com](http://www.meridianvalleylab.com)

## IMPORTANT INFORMATION - PLEASE READ BEFORE COLLECTION

- **Avoid intercourse 24 hours before and during the urine collections** to avoid contamination.
- Collection should be done on a day that is typical for you. Do not collect on a day of unusually high stress, exercise, or when frequent collection of urine would be difficult.
- Please complete the Hormone Questionnaire and Requisition form. The information you provide is confidential and will be used to assist your health care practitioner in understanding your test results.
- If using hormones (estrogen, testosterone, thyroid, etc.) consult your health care practitioner as to whether these hormones should be taken during collection. *It is usually recommended to continue hormone replacement during collection.*
- For women applying hormones on labia and/or vaginally, before collection, **thoroughly wash genital area.** *On the day of urine collection, **DO NOT** apply hormones to the vaginal labia region as contamination can occur. Apply the hormones to the surface of the anal sphincter on the day of collection.* Applying to other areas of the body (arms, legs, etc.) may result in reduced absorption. Wash hands thoroughly to avoid contamination.
- 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.
- If using prescription or over-the-counter (OTC) medication check with your health care practitioner about whether to avoid any medications. Do not discontinue medications without your health care practitioner's approval.

## IMPORTANT INFORMATION - PLEASE READ BEFORE COLLECTION

- Azo dyes, such as Methylene Blue and Pyridium (phenazopyridine) should be discontinued for at least 4 days prior to specimen collection.
- Stay well hydrated. *Avoid drinking large quantities of water all at once, especially within an hour or two before a collection time.* It is best to drink smaller quantities more frequently throughout the collection period. Also avoid going for long stretches of time without drinking fluids. *It is generally recommended to sip fluid every 30 minutes or so during the collection period.*
- Do not exceed normal intake of caffeine, alcohol, and vitamin C 24 hours before and during urine collection.
- Flax oil and foods containing flax seeds: *Avoid 5 days prior to and the day of collection.*
- Avoid supplements containing creatine, *such as body building supplements, for 48 hours prior to and the day of collection.*
- Limit meat intake to no more than 6 oz in 24 hours on the day before and day of collection. A diet high in meat may increase creatinine levels making it difficult to interpret results.
- Vegan or Vegetarian diet: Diets lacking animal protein may result in very low creatinine levels making it difficult to interpret results. The 24-hour urine test is better-suited to these populations because the different methodology does not depend as heavily on creatinine levels.
- Plan your day, as much as possible, to facilitate the timing of collections. We recommend using an alarm, cell phone, watch, or other timing device to remind you of collection times.

# WHAT DAY TO COLLECT

- *Collect on a day with no active bleeding, to prevent blood contamination of urine.*
- *Men and post-menopausal women who are not taking hormones can collect urine on any day.*
- *Men, post-menopausal women and cycling women who are using hormones, follow your practitioner's guidelines* which are based on your practitioner's assessment that you have reached a steady state with your current hormone therapy. *This may be anywhere between 3-12 weeks from the time you started your hormone regimen.*
- *Women with irregular menstrual cycles or no bleeding,* due to hysterectomy or ablation, should consult their health care practitioner about when to collect.
- *Women with regular menstrual cycles,* consult the table below to determine the best days to collect.
- *Day 1 of the menstrual cycle is the first day of bleeding.* Cycle length is counted from Day 1 of your menstrual period to Day 1 of your next menstrual period.

<b>Cycle Length</b>	<b>Best Cycle Days to Collect</b>	<b>Cycle Length</b>	<b>Best Cycle Days to Collect</b>
18	9—10—11	28	19—20—21
19	10—11 -12	29	20—21 -22
20	11—12 -13	30	21—22 -23
21	12—13 -14	31	22—23 -24
22	13—14 -15	32	23—24 -25
23	14—15 -16	33	24—25 -26
24	15—16 -17	34	25—26 -27
25	16—17 -18	35	26—27 -28
26	17—18 -19	36	27—28 -29
27	18—19 -20	37	28—29 -30

# 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.**
- It is okay, if necessary, to urinate between the 2nd, 3rd, and 4th collection times. However, try not to urinate closer than one hour before your next collection.
- After your first 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.*

## **Collect 2 cards per collection time.**

### **1st Collection**

Immediately upon waking.

Typical timing: 5:00 am – 8:00 am

### **2nd Collection**

As close as possible to 2 hours, but no more than 3 hours after 1st collection.

Typical timing: 7:00 am – 11:00 am

### **3rd Collection**

Before dinner at least 4 hours after 2nd collection.

Typical timing: 3:00 pm – 6:00 pm

### **4th Collection**

At bedtime at least 4 hours after previous collection.

Typical timing: 9:00 pm– Midnight

# THREE EASY COLLECTION STEPS

1. Wash hands. Fill out all your information on two cards prior to each collection. *Avoid touching the filter paper.*

2. Urinate into the collection cup. Pass remaining urine into the toilet if needed. Place the cup containing the urine onto a flat surface.

Unfold one collection card to expose the filter paper. Dip the filter paper end of the card into the cup containing the urine. Leave for 3-5 seconds to completely soak the filter paper.

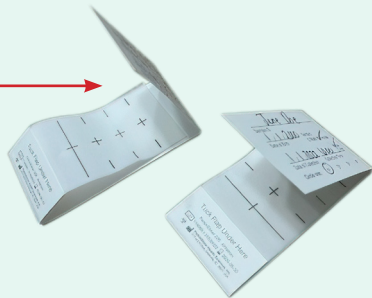
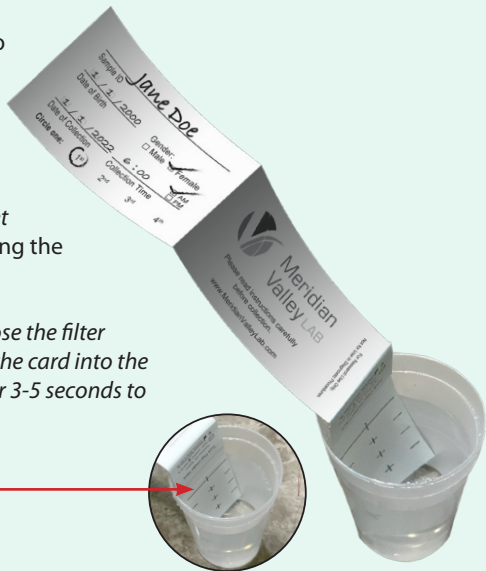
*Submerge filter paper to just above the top marker line.*

3. Remove the cards from the cup containing the urine. Allow cards to air-dry for at least 24 hours on a flat surface with the back side down.

**Repeat steps for second card.**

Discard remaining urine.  
Rinse the collection cup.  
Do Not Use Soap.  
Allow cup to air-dry.

**REPEAT** Repeat the process with two cards for each collection time according to the collection timing guidelines.



# SHIPPING INSTRUCTIONS

- Please bring or ship your completed test kit to the lab as soon as possible after the test cards are dry.
- Once samples are dry, fold outer cover back over filter paper strip, taking care not to touch the filter paper portion.
- First, place the cards into the biohazard bag. Cards must be completely dry and labeled.*
- If you haven't already done so, please fill out the Requisition form and Hormone Questionnaire.
- Then fold the Requisition form and Hormone Questionnaire and place into the outside pocket of the biohazard bag.
- Next, place the biohazard bag into the provided mailer and seal the mailer.

## IF YOU ARE BRINGING YOUR KIT BACK TO THE LAB IN PERSON:

- Bring the box with samples, requisition form and completed hormone questionnaire to the lab Monday-Friday (except for holidays) between 7:30 AM-5:30 PM.

## IF YOU ARE SHIPPING YOUR KIT BACK TO THE LAB:

- Apply the prepaid return label to the mailer. Drop off at your courier drop site using the provided courier service located on your mailer and return shipping label. *Save the customer receipt portion with the tracking number for your records.*
- Ship Monday through Wednesday. Avoid US holidays to prevent undue delays.*



1-855-405-8378 (TEST)

6839 Fort Dent Way #206,  
Tukwila, WA 98188  
[www.meridianvalleylab.com](http://www.meridianvalleylab.com)



REV. May 2024