

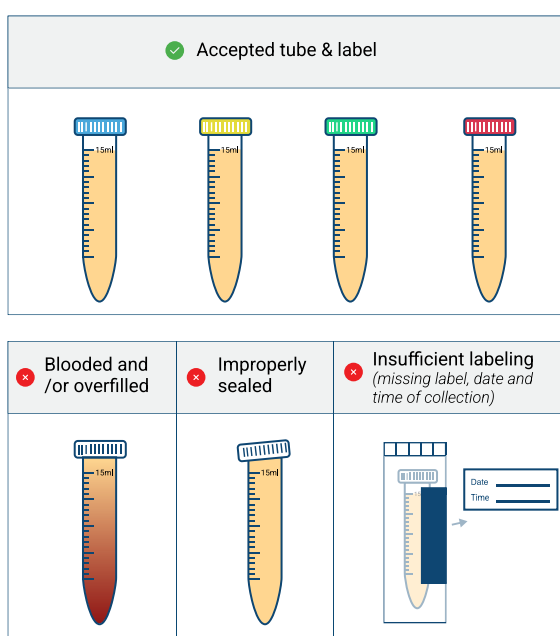
Urine (4 Tubes) Collection Instructions

Before proceeding to collection

Scan this QR code to see the Preparation and Collection instructions on your device



Sample Acceptance Criteria



Vibrant Wellness
www.vibrant-wellness.com | support@vibrant-wellness.com
1-866-364-0963 (7 AM - 6 PM, Pacific Time)

Important

Important Note

For optimal and clinically relevant results, samples should be collected under normative conditions ensuring consistency in collection procedures and tube handling. Patients should maintain their routine diet, medications, and supplements unless specifically instructed otherwise by their healthcare provider. This approach ensures accurate assessment based on their usual physiological state.

What to Avoid

- Diet:** For 48 hours before, avoid phytoestrogen-rich foods (e.g., soy, flaxseeds, licorice) and dopamine influences (e.g., bananas, avocados, fava beans). Limit caffeine and alcohol.
- Supplements:** Avoid tyrosine, quercetin, or Mucuna for 48 hours.
- Hydration:** Avoid fluids 1 hour before each sample collection. Maintain normal hydration—avoid overhydrating to prevent dilution.

Important

Hormone Usage

- The test is used to monitor HRT therapy. Continue hormone-related supplements unless you are specifically instructed by your provider.
- Hormone creams and gels can be used as usual.
- Patches, pellets and injections-based HRT, collections can be done midway of dosage.
- If you are instructed to stop HRT by your provider, please wait 72 hours before collecting the sample.

Restrictions: The use of oral DHEA, oral estrogen, oral progesterone, or oral pregnenolone within 24–72 hours prior to urine sample collection may influence test results by increasing the concentrations of certain hormones in the urine. Patients should consult their ordering healthcare provider to determine whether to continue or temporarily discontinue oral hormone therapy prior to testing. Do not stop or alter medication use without provider guidance.

When to Collect

Collect four urine samples over a 24-hour period. If you miss a collection just collect the sample as instructed on the following day. Do not collect samples during menstruation as it could lead to blood in your urine sample.

Men and non-menstruating women may collect any day of the month. This test is not available for children under 15 years of age.

Postmenopausal women on hormone therapy: Collect midway between doses. e.g., If you apply a patch weekly, test mid-week, if you administer an injection monthly, test mid-month, if you implant a pellet every 6 months, test at 3 months.

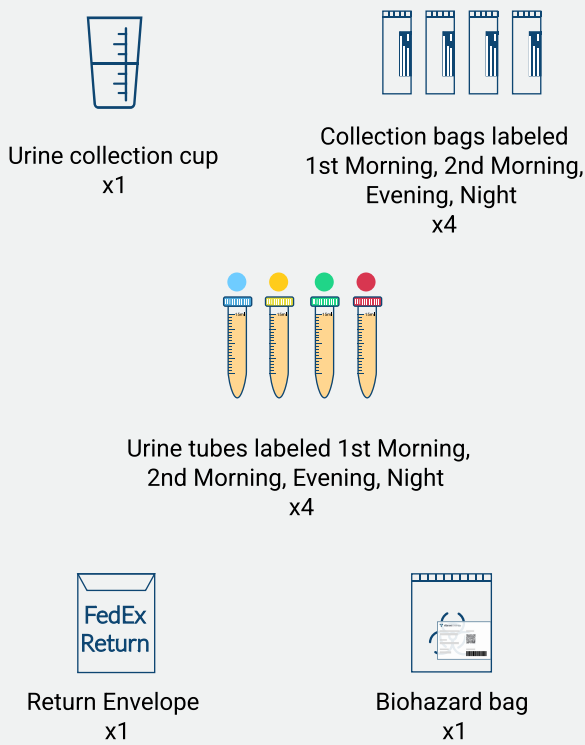
Menstruating women with regular cycles: Collect on day 19, 20, or 21 of the menstrual cycle (Day 1 = first day of your period).

Irregular cycles: Collect 5-7 days before expected onset of menses.

How to Collect

- 1st Morning (before 9 AM):** Collect first-morning urine.
- 2nd Morning (2 hours after waking):** Collect a urine sample.
- Evening, before dinner (around 5 PM):** Collect a urine sample.
- Night, before bed (around 8 PM-11PM):** Collect the final urine sample of the day.

Your kit includes:



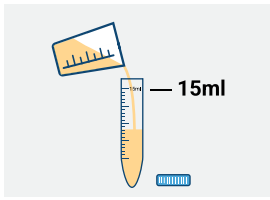
STEP 1

In the morning upon waking, prepare to fill urine in the collection cup provided prior to eating or drinking.



STEP 2

Collect urine in the urine collection cup provided.



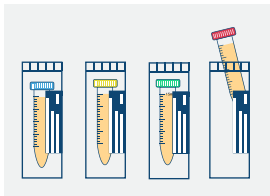
STEP 3

Unscrew cap from the **blue urine tube labeled 1st Morning**. Fill the blue urine tube with the urine from the urine collection cup to the 15 ml line.



STEP 4

Screw the urine tube cap by twisting tightly. Place it in the collection bag labeled **1st Morning**. Write **Date and Time of Collection** on the label affixed to the bag. **DO NOT** discard the urine collection cup. Please rinse and dry the collection cup thoroughly after each sample for further use.

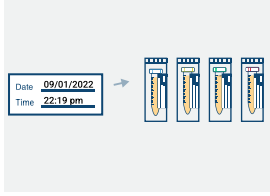


STEP 5

Repeat **Step 1** through **Step 4** for each collection time.

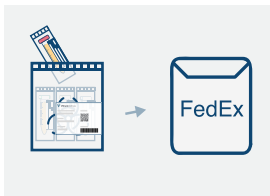
- Yellow cap two hours after 1st Morning
- Green cap in Evening, before dinner
- Red cap at Night, before bed

Place the tubes in their corresponding bags labeled **2nd Morning, Evening, and Night** respectively.



STEP 6

Make sure all the tubes are labeled appropriately **with the Date and Time of collection**.



STEP 7

Place all the bags with tubes inside the **biohazard bag**. Seal and place it into the return envelope. Mail immediately via FedEx. Holding collected samples more than **24 hours** may result in rejection.