

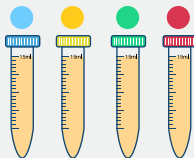
Your kit includes:



Urine collection cup  
x1



Pipette  
x1



Urine tubes labeled 1st Morning,  
2nd Morning, Evening, Night  
x4



Collection label  
x4



Biohazard bag  
x1



Return Envelope  
x1

Important Collection Tips!

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.

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:

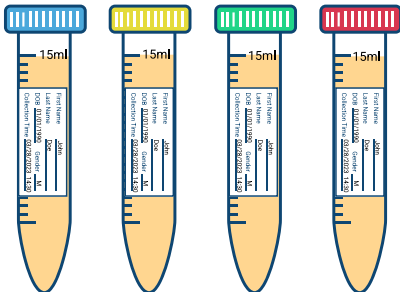
Collect four urine samples over a 24-hour period. If you miss a collection just collect the sample as instructed on the following day. Do not collect samples during menstruation as it could lead to blood in your urine sample.

- 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.

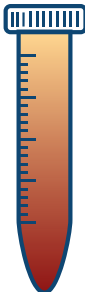
How To Collect

- 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.

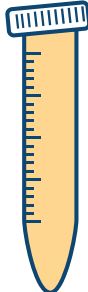
Accepted tube&label



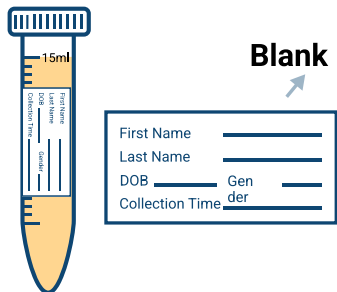
Blooded and /or overfilled



Improperly sealed



Insufficient labeling (missing label, date and time of collection)



# Urine (4 tubes) Collection Instruction

## Step 1



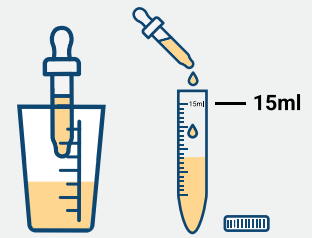
In the morning upon waking, prepare to fill urine in the collection cup provided prior to eating or drinking.

## Step 2



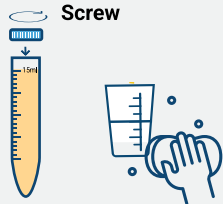
Collect urine in the urine collection cup provided.

## Step 3




Unscrew cap from the ● blue urine tube. Fill the blue urine tube with the urine from the urine collection cup to the 15 ml line.

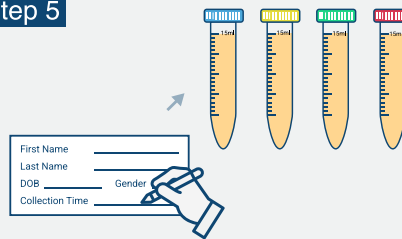
## Step 4



Screw the urine tube cap by twisting tightly. Write Name, Date of Birth and Collection Time & Date on the 1st Morning label then stick it on the tube.

 **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.

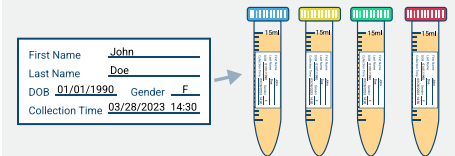
● Yellow cap two hours after 1st Morning

● Green cap in Evening, before dinner

● Red cap at Night, before bed

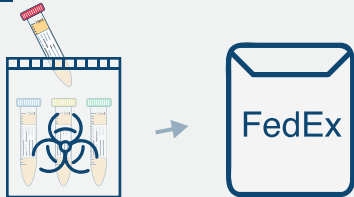
Select appropriate urine tube and label based on the collection time.

## Step 6



Make sure all the tubes are labeled appropriately with **your Name, Date of Birth and Collection Time & Date.**

## 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.