

# Collection Instructions

## Urine Specialty Profiles

**Please read this entire instruction pamphlet prior to collection. We strongly recommend you view our quick video on how to best collect a sample at [urinevideo.com](http://urinevideo.com) or [zrtlab.com](http://zrtlab.com).**

### ***What day should samples be collected?***

- ▶ Women who no longer have menstrual cycles, and men, can collect samples on any day.
- ▶ Premenopausal women with regular cycles should collect on days 20, 21 or 22 of a 28-day menstrual cycle (day 1 is the first day of menses).
- ▶ Premenopausal women with shorter or longer cycles should collect 6-7 days prior to expected menses.

### **On day of testing:**

- ▶ Collect according to instructions in this pamphlet and be sure to note collection times on collection strips.
- ▶ Reduce excessive fluid intake (e.g., >2 liters) during day of collection, to avoid over-dilute urine.
- ▶ **Hormone Users:** During day of urine collection, take hormones as usual or according to your physician's instructions. If you usually take hormones in the morning, do so **AFTER** completing your first morning collection.
- ▶ **Vaginal Hormone Users:** Do **NOT** use hormones vaginally for at least 3 days prior to urine collections as this may directly contaminate the urine with the supplemented hormone and cause false-high results.

# When to Collect Urine Samples

The following is a step-by-step process for collecting your urine samples including the suggested time for hormone supplementation.

**Note:** All four samples should ideally be collected on the **SAME** day.

**First Morning Collection** - Typically between 5:00 am and 7:00 am

- Collect immediately after waking up in the morning
- After collecting your first sample, take supplements, vitamins, hormones, etc., and eat/drink normally
- **Hormone Users:** After the first morning collection, supplement with your regular morning hormone dose (AVOID VAGINAL HORMONE USE). Wash hands thoroughly afterwards—especially if you are using topical hormones.

**Second Morning Collection** - Typically between 7:00 am and 9:00 am

- Collect your second urine void of the day as close to 2 hours after the first collection as possible

**Evening Collection** - Typically between 4:00 pm and 6:00 pm

- Collect prior to your evening meal

**Night Collection** - Typically between 10:00 pm and Midnight

- Collect just before going to bed
- **Hormone Users:** If you supplement hormones at night before bed, collect your last (night) sample before using hormones (e.g. oral or topical progesterone). Vaginal hormone use may be resumed **AFTER** the last urine collection of the day.

# Urine Collection

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

1. Write the time on collection strip just before collecting sample.
2. Open the cover and fold back and away from the filter paper portion. Do NOT touch the filter paper portion of the collection strip.
3. Saturate the filter paper either by urinating directly on it OR by urinating into a clean cup and dipping the filter paper up to the black dash-line several times.
4. Hang or tape the urine collection strip on a towel rack or other convenient surface with the protective cover pulled back and away from the urine saturated filter paper. Do not allow anything to touch the wet filter paper while it is drying. The urine soaked into the filter paper will not drip.
5. Repeat above for each urine collection.
6. Allow samples to dry overnight.
7. Once dry, fold outer cover back over urine strips and place all four in the plastic bag.

## WHAT IF I AM NOT HOME DURING A COLLECTION TIME?

If samples must be collected away from home (e.g. at work), find a safe place (desk drawer, bathroom cabinet, locker) to store the sample to allow it to dry for at least three hours before handling.

## WHAT IF I MISS A COLLECTION?

If you miss a collection time, simply collect the sample at the designated time the following day. For example, the “Second morning” sample, if missed on day 1, may be collected 2 hours after waking up on day 2. Be sure to note, prior to collection, the date on the collection strip and Test Requisition.

*See “Complete Paperwork” panel for final steps.*

# Complete Paperwork & Send Samples to Lab

After samples have dried overnight, place all urine collection strips in the clear plastic bag provided and seal. If you have been using any topical hormone products, DO NOT touch strip before washing and drying hands thoroughly.

1. Complete all relevant information
  - Collection date & time(s) on the test requisition and on all collection strips
  - Hormone & supplement usage
  - For best results please fill out your height and weight
  - Symptoms
  - Signature
2. Place all samples, test requisition and any other paperwork INSIDE the plastic test kit box; snap test kit lid shut.
3. Place entire test kit box inside the return packaging.
4. Affix the prepaid label or postage if required.
5. Return using the appropriate carrier.

**NOTE:** Dried urine collection strips stored in the plastic bag are stable up to one month without refrigeration. Send samples to the lab as soon as possible after collection is complete.