

URINE HORMONE METABOLITES

Dried Urine Testing Instructions



1 Choose Your Collection Day

- ▶ Read all instructions thoroughly and decide the ideal day for you to test. Mark it on your calendar.

Men, Non-Menstruating Women & Children

- Collect any day of the month

Menstruating Women

- ▶ If testing Sleep Balance Profile, you can collect on any day of the month.
- ▶ For all other tests:
 - Regular Cycles: Collect on day 19, 20 or 21 of the menstrual cycle. Day 1 = First day of period.
 - Irregular Cycles: If you know when your period will start, choose 5 days before.
 - Unpredictable: Collect any day when not bleeding.
- ▶ Failure to follow instructions may compromise your lab results.



View the collection video at
www.zrlab.com

2 Hormone Users *skip this step if not using hormones*

- ▶ **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.
- ▶ **Steroids (e.g. glucocorticoids, hydrocortisone, prednisone):** Talk to your health care provider about appropriate timing.
- ▶ **All Other Hormones:** 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.

3 Collection Timing



SAMPLE 1

Collect your first urination immediately upon waking for the day.

- ▶ Don't eat, drink anything but water, take vitamins or supplements, or take medications (except as advised by your health care provider) until after the first collection.
- ▶ Refrain from drinking more than 8 oz in the hour before each collection to allow your urine to concentrate.
- ▶ 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.



SAMPLE 2

Collect your second urination of the day, about 2 hours after your first collection. Limit drinking to 8 oz the hour before.



SAMPLE 3

Collect just before dinner. Limit drinking to 8 oz the hour before.

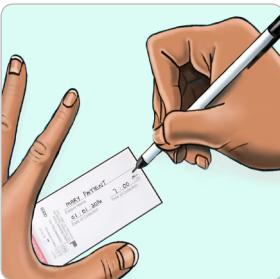


SAMPLE 4

Collect just before bedtime. Limit drinking to 8 oz the hour before.

- ▶ 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.

4 Collect Samples



STEP 1

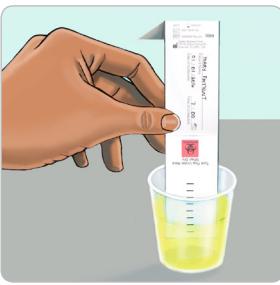
At each collection time:
Remove a collection card from the baggie.

Write your name, the date and time of collection on the card prior to collecting the sample.



STEP 3

Hang or tape the collection card in a secure place to dry - like over a towel rack. Make sure that the urine-saturated filter paper does not touch anything.



STEP 2

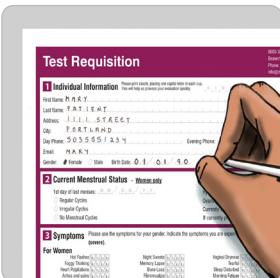
To collect: Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Saturate the filter paper by directly urinating onto it, or by collecting your urine in a clean cup and dipping the filter paper up to the top black dash line.



STEP 4

Allow to dry completely for at least 6 hours.* Once dry, refold the collection card and place sample back into the baggie and seal. Repeat steps 1-4 for each collection.

5 Finish & Send



STEP 1

Complete all paperwork.
Make sure all sections are filled in and your form is signed.



STEP 3

Place the entire test kit box inside the return packaging.

Affix the prepaid label or postage if applicable. Return using the appropriate carrier.

Samples will remain stable under average shipping conditions, including over weekends and holidays.



STEP 2

Place the samples,* the Test Requisition form and any additional paperwork back into the plastic test kit box. Make sure to include payment (if applicable). Snap test kit lid shut.

*Note that samples MUST be completely dry before being placed in the kit box for shipping. Failure to ensure that samples are dry may result in the need for sample recollection.

! Important

- ▶ **Reasons for sample rejection:** Samples that are still wet, not sealed in the bag, or too dilute (too much liquid consumed prior to collection) will not be processed, replaced or refunded. Samples over 30 days old will not be processed.
- ▶ **What if I miss a collection?** If you miss a collection time, collect the sample at the designated time the following day. For example, if you miss the evening collection, collect in the evening the next day. Revise the requisition form and the time on the back of the card appropriately.