Version 4 | 11.1.26

Hormone Metabolites Collection Kit

Saliva + Dried Urine Collection Instructions

Carefully Review Prior to Collection

Available online at www.zrtlab.com

Scroll to begin

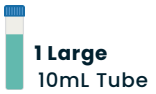
Section 1: Identify Your Panel Requirements

Begin by identifying your panels. In Section 6 of the Test Requisition Form, locate the test code associated with your selected panels and match it to the list below.

Tip: Consider combination panels, as they may provide your selected tests at a more cost-effective rate while delivering broader clinical insight.

Collection Materials

Saliva Tubes



1 Large 10mL Tube

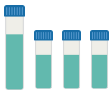
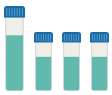
3 Small 5mL Tubes

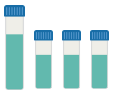
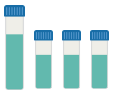
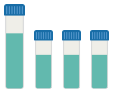
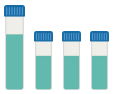
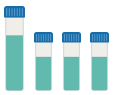
Dried Urine Strips



(4)

Please Note: Collection steps and required kit materials vary by panel, your panel may not require all materials provided in this kit.

Test Code + Panel		Collections Required
S-101	Cortisol Saliva: C	
S-102	Saliva LCMS Estradiol Saliva: E2	
S-103	Saliva LCMS Progesterone Saliva: Pg	
S-104	Saliva LCMS Testosterone Saliva: T	
S-120	4-Point Cortisol Saliva: C(x4)	
S-121	Adrenal Stress Saliva: DHEAS, C(x4)	
S-123	LCMS Hormones 3 Saliva: E2, Pg, T	
S-124	LCMS Hormones 5 Saliva: E2, Pg, T, DS, C	
S-125	LCMS Hormones 7 Saliva: E2, E3, E1, Pg, T, DS, C	

Test Code + Panel		Collections Required
S-126	**LCMS Hormones 17** **Saliva:** E2, E3, E1, PregS, Pg, AlloP, 17OHPg, Adione, T, D, DS, 7keto, 11DC, C, Cn, Ccn, Ald	
S-127	**LCMS Hormones 23** **Saliva:** E2, E3, E1, EE, PregS, Pg, AlloP, 17OHPg, Adione, T, DHT, D, DS, 7keto, 11DC, C, Cn, Ccn, Ald, Mel, ANZ, FIN, LTZ	
S-140	**LCMS Hormones 3 with 4-Point Cortisol** **Saliva:** E2, Pg, T, C(x4)	
S-141	**LCMS Hormones 5 with 4-Point Cortisol** **Saliva:** E2, Pg, T, DS, C(x4)	
S-142	**LCMS Hormones 7 with 4-Point Cortisol** **Saliva:** E2, E3, E1, Pg, T, DS, C(x4)	
S-143	**LCMS Hormones 17 with 4-Point Cortisol** **Saliva:** E2, E3, E1, PregS, Pg, AlloP, 17OHPg, Adione, T, D, DS, 7keto, 11DC, Cn, Ccn, Ald, C(x4)	
S-144	**LCMS Hormones 23 with 4-Point Cortisol** **Saliva:** E2, E3, E1, EE, PregS, Pg, AlloP, 17OHPg, Adione, T, DHT, D, DS, 7keto, 11DC, Cn, Ccn, Ald, Mel, ANZ, FIN, LTZ, C(x4)	
S-145	**LCMS Hormones 5 with 2-Point Cortisol** **Saliva:** E2, Pg, T, DS, C(x2)	
S-146	**LCMS Hormones 7 with 2-Point Cortisol** **Saliva:** E2, E3, E1, Pg, T, DS, C(x2)	
U-321	**LCMS Diurnal Hormones I** **Dried Urine:** FC(x4), FCn(x4), MT6s(x4), Crtn(x4)	
U-323	**GCMS Estrogen Hormone Metabolites** **Urine:** E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16aOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Crtn	

Test Code + Panel	Collections Required

U-324 GCMS Hormone Metabolites

Urine: E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16aOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Pgdiol, AlloP, AlloPd, 3aHP, 20aHP, DOC, Ccn, TC, TCn, ThC, ThCn, D, Adione, Andro, Etio, T, Epi-T, 5a-DHT, 5a3a, Crtn



U-326 ICPMS Iodine

Urine: I, Crtn



U-327 ICPMS Toxic and Essential Elements

Urine: I, Br, Se, Li, As, Cd, Hg, Crtn



U-340 GCMS Estrogen Hormone Metabolites and LCMS Diurnal Hormones I

Urine: E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16aOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)



U-341 GCMS Hormone Metabolites and LCMS Diurnal Hormones I

Urine: E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16aOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Pgdiol, AlloP, AlloPd, 3aHP, 20aHP, DOC, Ccn, TC, TCn, ThC, ThCn, D, Adione, Andro, Etio, T, Epi-T, 5a-DHT, 5a3a, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)



SU-845 Saliva 4-Point Cortisol + Dried Urine GCMS Estrogen Hormone Metabolites

Saliva: C(x4)

Urine: E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16aOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Crtn



SU-846 Saliva 4-Point Cortisol + Dried Urine GCMS Hormone Metabolites

Saliva: C(x4)

Urine: E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16aOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Pgdiol, AlloP, AlloPd, 3aHP, 20aHP, DOC, Ccn, TC, TCn, ThC, ThCn, D, Adione, Andro, Etio, T, Epi-T, 5a-DHT, 5a3a, Crtn



Section 2: Choose Your Collection Day

Before You Begin

Read all instructions thoroughly and decide the ideal day to collect. Mark it on your calendar. List all current medications on the test requisition.

Failure to follow instructions may compromise lab results or interpretation.

Men, Children, & Non-Menstruating Women

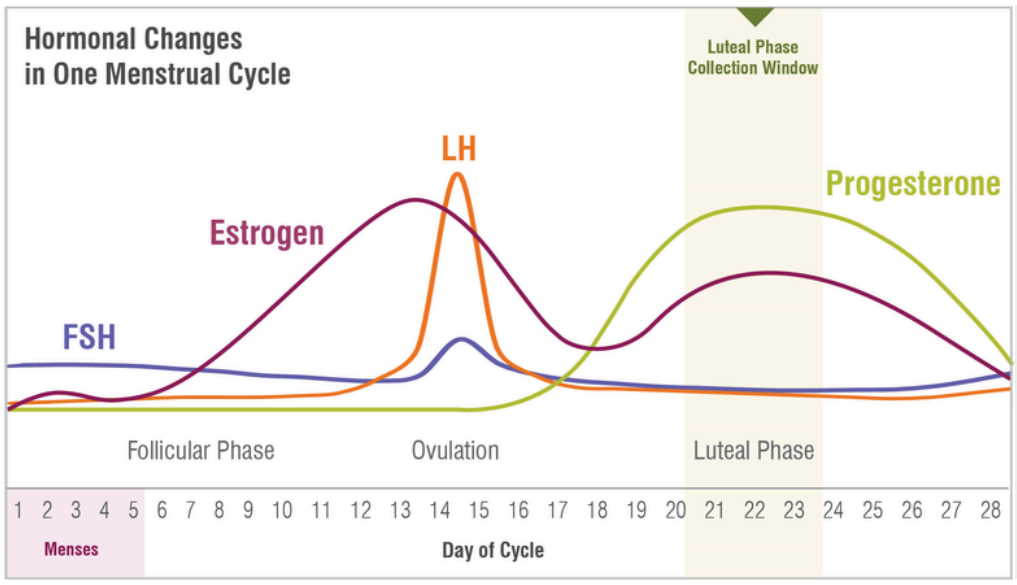
Collect any day of the month.

Menstruating Women

- If testing Estrogen Metabolites, Hormone Metabolites, Estradiol (E2), Progesterone (Pg), or Testosterone (T):

  Note: *Day 1 = First day of your period flow (not spotting).*

  - **Regular Cycles** (your cycle is about the same length each month):
    - Cycle length **23-26 days:** Collect day 17, 18 or 19
    - Cycle length **27-30 days:** Collect day 21, 22 or 23
    - Cycle length **31-34 days:** Collect day 25, 26 or 27
    - **For longer or shorter cycles:** Collect 5-7 days before the expected start date of your next period.
  - **Infrequent** or **Unpredictable Cycles:** Collect any non-bleeding day.



This illustration is an example of a 28-day cycle. Hormonal changes and day of ovulation vary with cycle lengths.

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Section 3: Hormone Users *Skip if not using hormones.*

Write all hormones used on your requisition. Failure to do so may result in incorrect reference ranges and commentary.

Do NOT stop hormone usage — continue as prescribed.

Avoid contamination: Change sheets, pillowcases, and towels the night before collection; avoid touching bathroom surfaces that may contain hormone residue.

Topical & Oral

The day before testing, continue use of hormones as prescribed. Make sure any night dosage is applied at least 12 hours before planned morning collection. For example, dose before 8pm for an 8am collection. If using oral progesterone, your dosage can be right before bed.

Do **NOT** use bare hands for topical hormone application for at least two days prior to collection (apply hormones with gloves or applicator). Avoid using hormones on the face, lips and neck.

Troches or Sublingual Therapies

Not recommended for saliva testing; talk to your health care provider about blood spot testing. Samples may be fully or partially rejected.

Patches, Vaginal Rings, Pellets or Injectables

Test half-way between doses. For example, collect 3 days after a once-a-week patch or 2 weeks after a once-a-month injection.

7-Keto DHEA

Avoid for 3 days prior to collecting. Does not apply to regular DHEA.

Steroids (e.g. glucocorticoids, hydrocortisone, prednisone)

Talk to your health care provider about appropriate timing.

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.

Section 4: Collection Timing for Urine

To ensure **accurate** results, begin preparing for your collection according to the timeline below.

Sample 1: Upon Waking

Collect your first urination immediately upon waking for the day.

- Don't eat or drink anything but water, take vitamins or supplements, or take medications (except as advised by your health care provider) until after the second 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: 2 Hours After Waking

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

Sample 3: Before Dinner

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

Sample 4: Before Bed

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.

Section 5: Collection Timing for Saliva

To ensure **accurate** results, begin preparing for your collection according to the timeline below.

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3 Days Prior to Collection

Avoid anti-aging/anti-wrinkle facial creams and biotin/vitamin B7 (hair and nail formulas).

1 Night Prior to Collection

The night before collection stay well-hydrated but avoid excessive liquid consumption. Dehydration and over-hydration can affect salivary hormone excretion.

Day of Collection

Do not eat, drink (except water) or brush your teeth prior to your first collection of the day and for the 2 hours prior to collecting throughout the day.

Collection Timetable

Confirm your panel before following below table.

Test Code	Tubes Required	Upon Waking	Before Lunch	Before Dinner	Before Bed
S-101, S-102, S-103, S-104, S-123, S-124, S-125, S-126, S-127	1	 Large 10mL Tube	X	X	X
S-145, S-146	2	 Large 10mL Tube	X	X	 Small 5mL Tube
S-120, S-121, S-140, S-141, S-142, S-143, S-144, SU-845, SU-846	4	 Large 10mL Tube	 Small 5mL Tube	 Small 5mL Tube	 Small 5mL Tube

Section 6: How to Collect Urine

Click here to view the collection videos for Saliva and Dried Urine or visit **www.zrtlab.com/collection-videos**



STEP 1

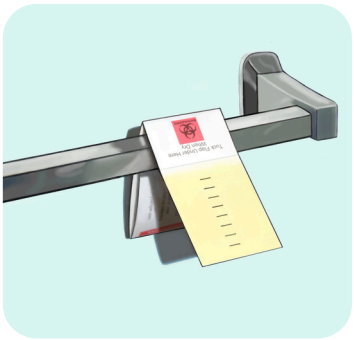
At each collection time:

- 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 2

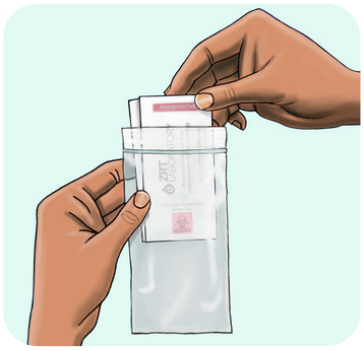
Open the cover on the collection card. Fold it back and away from the filter paper. **Avoid touching the filter paper.** Saturate the filter paper by directly urinating onto it, or by collecting your urine in a clean cup and dipping the filter paper up to the top black dash line.



STEP 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.

***Note:** Do not leave dry samples out of bag for more than 24hrs.



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.

***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.

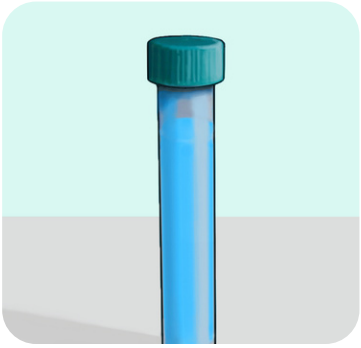
Section 7: How to Collect Saliva

STEP 1

Begin collecting your first saliva sample into the large 10mL tube **within 30 minutes** of waking for the day.

- Wash hands with soap and water.
- Use a clean towel to dry hands.
- Rinse your mouth with water.
- **Wait 5 minutes** before beginning collection.

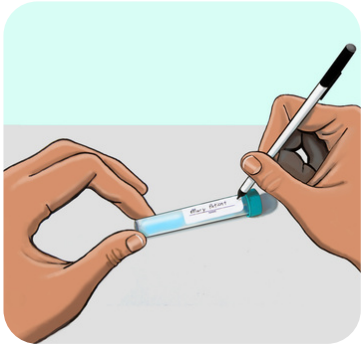
Tip: Smelling food, yawning or pressing the tip of your tongue against your teeth can all help with saliva flow.



STEP 2

Allow saliva to pool in mouth, then transfer to tube. **Fill tube at least half full, not including bubbles.** Collection usually takes 15-30 minutes depending on saliva flow. When done, securely screw cap onto tube.

Tip: Gently tap the tube on a hard surface to help eliminate any bubbles filling up the tube.



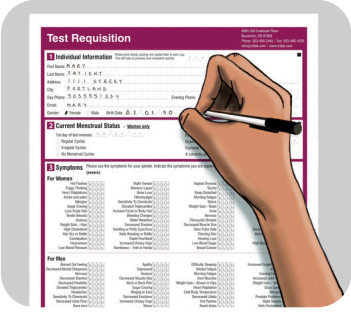
STEP 3

Write your **name**, the **date**, and **time of collection** on the tube label. Return the tube to the bag.

STEP 4

Repeat this process for any other collection times using the smaller 5mL tubes provided (if applicable). Do **not** eat, drink (except water) or brush teeth at least 2 hours prior to collections.

Section 8: Finish & Send



STEP 1

Complete all paperwork. Failure to fill out your requisition form fully may cause delays, sample rejections, or inaccurate report.



STEP 2

Place the **sample(s)**, 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.



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. Failure to ensure that samples are dry may result in the need for sample recollection.

Important Notes

- **Mistake collecting saliva?** Rinse your tubes out with hot water (no soap), shake out remaining water, and air dry. Restart your collection at the appropriate time.
- Each saliva sample must fill the tube at least halfway, not including bubbles.
- **Freeze any saliva samples not being shipped within 24 hours.** Samples will remain stable under average shipping conditions, including over weekends and holidays.
- Urine samples that are wet, unsealed, too dilute (from excess fluid intake before collection), or more than 30 days old will not be processed, replaced, or refunded.
- **What if I miss a urine collection?** If you miss a collection time, collect the sample at the same time the next day (for example, collect an evening sample the following evening). Update the requisition form and the time on the card. Allow to dry completely for at least 6 hours.* Once dry, refold the card, return it to the baggie, seal, and repeat steps 1–4 for each collection.