

## BEFORE COLLECTING SAMPLE

Complete and sign request form with pen.

- Caution: Red topped tube contains boric acid (preservative). Keep out of reach of children. If skin contacted, wash with soap & water. If eye contact, flush with water & contact a physician.
- Limit alcohol to maximum 1-2 drinks/24 hrs before urine collection & during collection period.
- Do not increase or decrease normal liquid intake day before & day of collection.

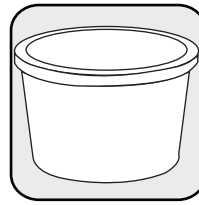
## IF TAKING HORMONES

- If on oral hormone replacement therapy (HRT) - ask practitioner if you should take HRT the day before & day of collection. Generally, will be told to stop taking oral HRT for two days; i.e., day before & the 24 hrs of collection.
- Transdermal medications should be continued.
- Important: If using HRT vaginally or on external genitalia, apply to the inner thighs on collection day to avoid urine contamination.

## SAMPLE COLLECTION

- Premenopausal women, and those with regular cycles: Begin on days 19-21 of 28 day cycle. Day 1 is first day of bleeding.
- Long or short cycles: Longer cycles, add the number of days beyond the 28th day (eg; if 30 day cycle, collect from days 21-23). Shorter cycles: Subtract the number of days (eg; if 25 day cycle, collect from days 15-18).
- Postmenopausal women & men: Collect any day.

- 1 The 24-hr collection begins when you get up in the morning, empty your bladder and stay up for the day. **DO NOT COLLECT THIS FIRST URINE.** Record time of first void & date on request form.



Be sure to collect ALL urine - day and night - for the next 24 hours.

2

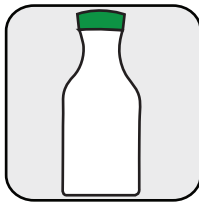
a) Each time you urinate, collect all urine in any opaque plastic container (measuring cup, or cottage cheese container).



b) Pour contents into provided 3L container (3 L = 3000 ml). Use funnel if helpful.

c) If possible, keep urine in fridge. If not possible, keep in a cool, dark place.

d) Make final collection when you get up and stay up the next morning.

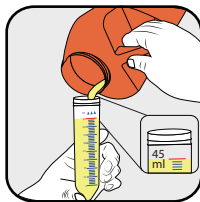


e) If 3L container full & not finished urine collection, collect remaining urine in a separate opaque plastic container (eg, clean milk or orange juice jug).

f) When finished collection, shake both containers well.

### 3a If all collection fills less than 3L container

- Note total volume to nearest 50 ml mark using numbers on 3L container.
- Record that number in space provided on request form
- Shake 3L container and transfer enough urine to fill provided tube to 45 ml level. Do not overfill.
- Screw on red cap tightly and place upright into freezer.



### 3b If using two urine containers

- Mix urine from BOTH containers by pouring back and forth.
- Fill 3L container to 3000 ml mark, then discard this urine.
- Pour remaining urine from 2nd container into 3L container & note volume to nearest 50 ml mark.
- Add that number to the 3000 ml just discarded (eg, 3000 + 200 ml = 3200 ml). Record this total number in space provided on request form.
- Transfer enough urine to fill provided tube to 45 ml level: (see graphic above). Do not overfill.
- Screw on red cap tightly and place upright into freezer.

## SHIP THE SAMPLE

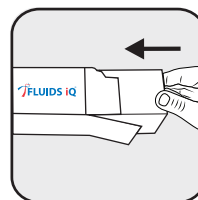
- If you cannot ship 45 ml sample right away, keep it in freezer. Keeping the urine frozen will not harm it.

1



Place frozen urine in specimen bag provided. Put bag into styrofoam container.

2



Put styrofoam container into cardboard sleeve.

3



Place completed request form and cardboard sleeve inside mailing envelope with pre-affixed return label and seal.

4



Visit [www.usps.com](http://www.usps.com) to schedule a pickup (charges may apply), or drop off at post office.