Patient Guide

Essential Estrogens 24 Hr #4210*

Estrogen Metabolism Plus 24 Hr #4218*

*Not Available in New York

Abnormal kidney function or use of diuretics may influence test results.

Do not collect if there is blood in urine, including menstrual or other blood.

BEFORE YOU BEGIN

Activate This Test

Visit **gdx.net/activate** and enter the number found on the activation label card included with this collection pack.



Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays. Please return specimens within 24 hours after collection.

Prior to Testing

Certain medications may influence results, however there are no known interfering medications. Do not change use of medications unless instructed to do so by your healthcare provider. Additional details are available online when you activate this test and visit the Test Prep page.

Day Before Testing

Consume no more than six 8-ounce glasses of fluid over the 24 hours before collection.

Night Before Collection

If collecting cheek swab, brushing and flossing are okay but do not use mouthwash.

Morning of Collection

If collecting cheek swab - do not eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco, or coffee products.

Collect cheek swab (if ordered) immediately upon waking.

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Plan Your Collection

Premenopausal Women

If the goal is to evaluate ovulatory function, collect specimens between days 19 and 25 of the menstrual cycle.

Peri/Menopausal Women and Males

Collect specimens on any day.

Patients on Hormone Therapies

Continue dosing hormones as usual, unless otherwise instructed by your healthcare provider. There are many variables that affect hormone levels with respect to timing of collection including dosing regimen, formulation, pharmacokinetics, route of administration, site of administration, length of regimen, patient metabolic individuality, specimen type, etc.

Synthetic, non-bioidentical hormones are not detected by the assays and testing is not recommended for these patients due to questionable clinical utility.

Specimen Collection

Write your date of birth (DOB) and the date of collection on the labels provided. Attach completed labels to the collection cup and the paper swab envelope (if ordered).



Collect Urine

On the first day, discard the first urination after rising. Then collect all urine for the next 24 hours, including your first urination after rising the next day.

1. Using the cup, collect each urination and pour into the large jug. Refrigerate the jug through collection period.

   Do not rinse the cup with tap water or clean the cup with cloth or paper. Keep the lid on the cup and recap the jug between urinations.

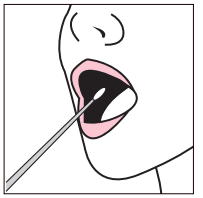
Prepare the Sample



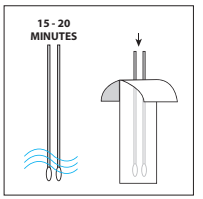
1. After tightening the lid, invert the orange collection jug repeatedly for 30 seconds to mix contents.
2. If you needed to use the second jug before ending your 24 hour collection, mix the urine together by pouring back and forth between the two jugs.
3. Select either jug for the next step.
4. Use the pipette to transfer urine to fill the collection cup. Cap the collection cup securely. Discard the remaining urine, the large collection jugs, and gloves.
5. Refrigerate until ready to ship.



Collect Cheek Swabs (if ordered)



1. Peel open the cotton tipped applicator package just enough to remove the cotton swabs. Leave the package intact so that the swabs can be reinserted after collection.
2. Remove one cotton swab applicator. Do not touch the cotton tip.
3. Open your mouth and aggressively scrape the inside of your cheek with the cotton swab using a back and forth, and up and down motion for at least 30 seconds. Rotate the applicator several times, and swab between the cheek and gums. Avoid excessive saliva.
4. Repeat steps 2 and 3 with the second swab.
5. Allow swab applicators to air dry for 15-20 minutes. Return them, swab first, to the applicator package. Seal package inside the paper envelope.



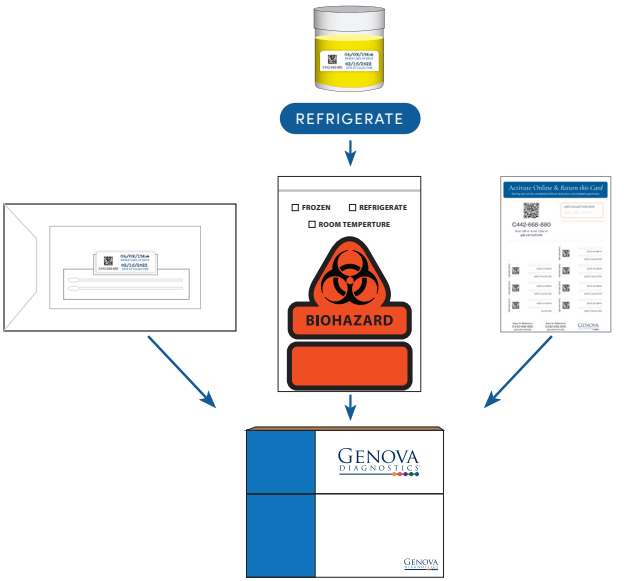
Activate Your Test Online

Visit www.gdx.net/activate to provide important information about your collection and receive your **confirmation number**.

Return Collection Pack

1. Confirm that the collection cup has a completed label attached with date of birth and the date of collection. Place the biohazard bag with collection cup inside the collection box.
2. If ordered, confirm the cheek swab envelope is sealed shut and has a completed label attached. Then place inside the cardboard box.
3. Retain a copy of the activation number for future reference using one of the three labels provided on the bottom of the activation label card.
4. Visit gdx.net/activate to enter the date of your final collection and receive your confirmation code. Write the date of collection and your confirmation code on the activation label card. Place the activation card inside the box.
5. Seal the box inside the FedEx shipping bag, ensure the shipping label is attached, and drop off at an authorized FedEx location.

   Learn more about return shipping at gdx.net/shipping.



GENOVA DIAGNOSTICS

Additional resources are available online.
Visit **gdx.net/activate** and enter your activation number.

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