WHEN READY TO SHIP, ENSURE THE FOLLOWING:

**Cup:**
- Tightly closed
- Marked with **first and last name, date of birth, and date and time of collection.**
- Sealed in biohazard bag with absorbent pad

**Swabs:**
- Included- inside original package
- Marked with **first and last name, and date of collection.**
- All sections of **requisition form completed.**
- Payment included or completed online.
- All specimens placed back in original box.
- Complete survey

**SHIP THE SPECIMEN(S) TO THE LAB**

Please refer to the shipping instruction insert found in your sample collection pack.

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**URINARY HORMONES ENDOCRINOLOGY**

**PATIENT 24-HOUR URINE & BUCCAL SWAB COLLECTION INSTRUCTIONS FOR THE FOLLOWING PROFILE(S)**

- **Complete Hormones™ ***
  - Urine
  - #4200
- **Essential Estrogens™ ***
  - Urine
  - #4209
- **Genomics a-la-carte SNPS***
  - Buccal Swab

**COLLECTION MATERIALS FOR SPECIMEN**

- **WHITE-TOP CUP**
- **COLLECTION CUP (NO LID)**
- **ORANGE COLLECTION JUG WITH PRESERVATIVE (2)**
- **PIPETTE**
- **COTTON SWABS AND PACKAGE**
- **LETTER ENVELOPE**

- **CAUTION**: Contains Absorbic Acid. KEEP OUT OF REACH OF CHILDREN.
  - For eye contact, flush with water for 15 mins. For skin contact, wash with soap and water. For ingestion, contact poison control center immediately.

**ADDITIONAL MATERIALS**

- Disposable vinyl gloves (2)
- Collection labels
- Test Questionnaire
- Test requisition form
- Biohazard bag with side pocket with absorbent pad
- Specimen collection pack
- FedEx® Clinical Lab Pak and Billable Stamp

**VISIT YOUR PATIENT RESOURCE CENTER AT WWW.GDX.NET/PRC**

- Access test results
- Make payments
- Complete health surveys

**Call 800.522.4762 or visit our website at www.gdx.net**

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*Not available in New York*
48 HOURS BEFORE THE TEST: Avoid eating (whole or ground) flax seeds and sesame seeds for at least 48 hours before urine collection begins.

Delay collection if you have a urinary tract infection until after completing treatment.

DAY BEFORE THE TEST: Avoid over hydration. Aim for average overall fluid intake of 1/2 oz water/fluid per pound of body weight per day. Example: 130 lbs - 65 oz. (eight 8 oz. glasses)

1 Completely fill out front and back of test requisition form. Failure to provide all information will result in delay of test processing.
2 Please write the patient’s full name, the time and date of collection, and date of birth on the label and apply it to the white-top cup.
3 Put on glove. Hold the large orange jug to avoid spilling the white powder.
4 On first day, discard the first urination after rising. Collect all urinations for the next 24 hours, including your first urination after rising the next day.
5 Collect each urination in the disposable cup and pour into the large orange jug. Do not rinse or clean the cup. Recap jug and mix gently. Refrigerate jug through 24 hour collection period.

IF YOU ONLY FILL ONE JUG, screw the lid on tightly. Set on a level surface and note the total volume using the milliliter (ml) marks on the side of the jug. Be sure to record this on the requisition form. Lab processing cannot be completed without this information. Gently mix for 30 seconds. Skip to step #7.

IF YOU FILL TWO JUGS, put on the disposable gloves and mix the urine together by pouring back and forth between the jugs. Do not spill urine. Set jugs on a level surface and note the volumes using the milliliter marks on the side of the jugs. Add together the amount in jug #1 and the amount in jug #2. Be sure to record this on the requisition form. Lab processing cannot be completed without this information.

7 Pour urine from Jug #1 into the white-top cup to between 100 ml and 120 ml mark. Screw the top on the cup tightly to avoid leakage. Discard the remaining urine, the large collection jug(s), pipette, and gloves.
8 Place the cup in the Biohazard bag. Refrigerate until ready to ship. Remember to ship within 48 hours after final collection.

NIGHT BEFORE COLLECTION: Use your normal nightly routine of brushing and flossing of teeth but do not use mouthwash.

MORNING OF COLLECTION: Specimen must be collected immediately upon rising. Do not practice normal oral hygiene routine, do not eat or drink ANYTHING OTHER THAN WATER.
1 Just prior to collection, wash hands completely with hand soap.
2 Keeping the packet intact, peel open the package labeled, “Sterile Cotton Tipped Applicator.”
3 Only peel back the package far enough to remove the cotton swab applicator.
4 Remove one applicator. Avoid contact with the cotton tip.
5 Open your mouth widely and insert applicator. For at least 30 seconds, aggressively scrape the inside of both cheeks using a back and forth, and up and down motion. Rotate the applicator several times, and swab between the cheek and gums. Avoid excessive saliva.

Note: If there is not a sufficient amount of cheek cells DNA collected on the applicator, a recollection will be required.
6 Repeat steps 1 - 5 with second swab
7 Allow swabs to air dry for 15-20 minutes, then replace them (swab first) into the swab applicator package.
8 Print Full name and collection date on specimen collection label. Place the specimen collection label on the envelope.
9 Insert swab applicator package into the letter envelope and seal. Be sure to ship with urine sample.