URINE, 24-HOUR COLLECTION INSTRUCTIONS #76

PATIENT URINE & BUCAL SWAB COLLECTION INSTRUCTIONS

The following test(s) can be collected using these instructions:

Complete Hormones™
Essential Estrogens™

Add-ons available
- Triiodothyronine, T3
- Cortisol, Free
- Genomics a-la-carte SNPs
  - MTHFR
  - COMT
  - VDR
  - CYP-1B1

Specimen
120 ml sample of urine
Buccal Swab
(only for Genomics add-ons)

Shipping Materials
- Gloves
- Biohazard bag with absorbent material
- Test Requisition Form
- Collection label
- Questionnaire
- Prepaid mailing envelope

Test may not be processed without this information.

Test Requisition Form
- White-top cup
  - Patient’s first/last name
  - Date of birth
  - Date of collection
  - The specimen does not exceed the FILL LINES
  - Cup is tightly closed
  - Refrigerated

Specimen
- 120 ml sample of urine
- Buccal Swab
  - (if collecting for Genomic add-ons)

Collection Materials for Urine
- White-top cup
- Collection cup (no lid)
- Pipette
- Blue collection jug with preservative (2)
- Cotton Swabs and package
- Letter envelope

Collection Materials for Buccal Swab
- Cotton Swabs and package
- Letter envelope

IMPORTANT THINGS TO KNOW AND CONSIDER

- Synthetic hormones will not show up on the test and conjugated equine estrogens will show up mostly as estrone.
- Abnormal kidney function or use of diuretics may influence test results. Do not performed on individuals with kidney disorders.
- Certain medicines may impact test results (e.g. cephalosporins, cimetidine, fibrates and trimethoprim-sulfamethoxazole). Let your physician know about your use of these medications. Do not change use of medications unless instructed to do so by your healthcare provider.
URINE COLLECTION

COLLECTION CRITERIA AND CAUTIONS

- **Premenopausal women:** If the goal is to evaluate ovulatory function, collect urine between days 19-25 of the menstrual cycle.
- **Menopausal women:** Collect specimen on any day.
- **Women on Hormone Replacement Therapies or oral contraceptives:** Continue dosing as usual.
- **Follow-up testing:** Collect the specimen on the same day of cycle or phase of hormone therapy as the previous sample.
- **CAUTION:** Do not discard white powder contained in the jugs.
- **Avoid contact** with the eyes or skin. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest liquid or powder.

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)

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.

Place the cup in the Biohazard bag. Refrigerate until ready to ship.

Remember to ship within 48 hours after final collection.

BUCCAL SWAB COLLECTION (ONLY FOR GENOMICS ADD-ON TESTING)

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.
- Just prior to collection, wash hands completely with hand soap.

1. **Keeping the packet intact, peel** open the package labeled, “Sterile Cotton Tipped Applicator.” **Only peel back the package far enough to remove the cotton swab applicator.**

2. **Remove** one applicator. **Avoid contact with the cotton tip.**

3. **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.

REPEAT FIGURES 1 - 3 WITH SECOND SWAB