

Step 3:

Ship the specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

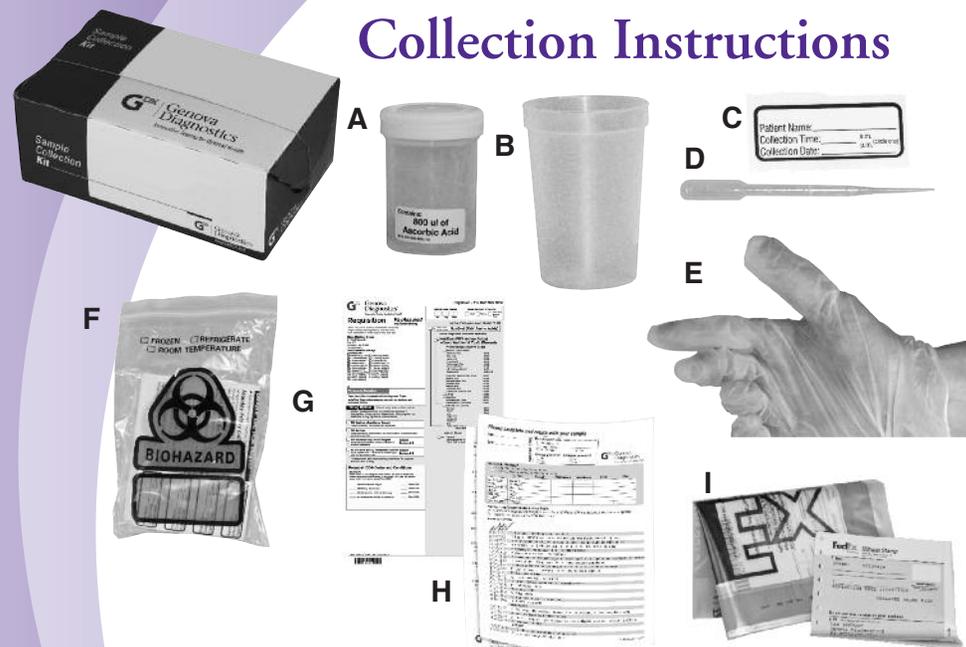
- Plan to ship the specimen **Monday – Friday overnight delivery only**.
- Call 1.800.GoFedEx (1.800.463.3339) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package.” Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- **Make sure the urine cup is tightly closed and identified** with completed label. Seal the cup securely in the Biohazard bag.
- **Place the Biohazard bag with specimen** in the kit box and **place the completed and signed requisition** on top before closing. *Do not staple or tape the box.*
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. **DO NOT mark or write in any other sections.**
- Put the kit box into the prepaid mailing envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.



Urine, First Morning (# 75)

IS-K75

Patient Urine Collection Instructions



Check Your Kit

- A - 1 Urine white-top cup with preservative
- B - 1 Collection cup (no lid)
- C - 1 Label
- D - 1 Pipette
- E - 1 Glove
- F - 1 Biohazard bag and absorbent pad
- G - 1 Requisition (to be completed and signed)
- H - 1 Questionnaire (to be completed and returned)
- I - 1 Prepaid mailing envelope

- If any items are missing or expired, call Client Services at 800.522.4762, then press 1.
- Keep the kit box for shipping your specimen to the lab.

Step 1:

Important things to know and consider

- Synthetic hormones (like Provera) will not be show up on the test, and conjugated equine estrogens (like Premarin) will show up mostly as estrone.
- Abnormal kidney function or use of diuretics may influence test results. This test should not be performed on individuals with kidney disorders. In addition, certain medicines may impact test results [e.g. cephalosporins (e.g. Cefoxitin), cimetidine (Tagamet), fibrates (e.g. Ciprofibrate) and trimethoprim-sulfamethoxazole (Bactrim)]. 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.

Schedule & Prepare for your urine collection

- Avoid eating (whole and ground) flax seeds and sesame seeds for at least 48 hours before beginning urine collection.
- Avoid over-hydration. Aim for an average overall fluid intake of \square ounce of water/fluid per pound of body weight per day.
Example: 130 lbs = 65 ounces (eight 8 oz glasses per day)
- If you are experiencing a urinary tract infection, delay collection of specimen until after completing treatment.
- **Contact FedEx and schedule to ship the specimen overnight delivery Monday – Friday. Sample MUST be shipped within 48 hours after collection.**
- **Complete the requisition form** with all patient and billing information. Be sure it is signed by the patient/responsible party and the healthcare provider.

Collection schedule criteria for hormone evaluations

- **Premenopausal women:** If the goal is to evaluate ovulatory function, collect urine between *days 19 and 25* of the menstrual cycle.
- **Menopausal women:** Collect specimen on any day.
- **Women on Hormone Replacement Therapies or oral contraceptives:** Continue dosing as usual (once or twice daily). Avoid dosing a third time while urine is still being collected.
- **Follow-up testing:** Collect the specimen on the same day of cycle or phase of hormone therapy as the previous sample.

Step 2:

Urine Collection

Not following these instructions may affect your test results.

Please note this caution: A very small amount of Ascorbic Acid is contained in the cup as a preservative. Do not discard cup fluid. Avoid contact of the eyes or skin with the fluid in the cup. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest liquid.



- 1 Please write your full name and the time and date of collection on the label and apply it to the white-top cup.**



- 2 After awakening for the day, collect your first morning urine into the collection cup provided. (Note: If you wake up to urinate during the night within six hours before your rising time, collect your urine and refrigerate it; then add that refrigerated sample to the urine you collect when you rise for the day.)**



- 3 Open the white-top cup. Pour urine from the collection cup into the white-top cup to approximately the 100ml mark, and then use the pipette to reach the 120ml mark. Screw the white top on the cup tightly to avoid leakage and shake to mix thoroughly.**



- 4 Discard the remaining urine, collection cup, pipette, and glove.**



- 5 Place the white-top cup in the Biohazard bag. Refrigerate until ready to ship. Ship within 48 hours after collection.**

Consult your healthcare provider if you have any questions at any time during this test.