

Step 3:

Returning The Samples To The Laboratory

Samples must be returned to Genova Diagnostics by overnight delivery to arrive next day.

For UK mainland patients only: Genova Diagnostics recommends using the enclosed courier collection service, or alternative e.g.: Royal Mail, Special Delivery. The mailing envelope is not pre-paid.

For patients outside of the UK: please arrange an international courier such as FedEx, DHL, UPS.

Please note: the laboratory is closed at weekends. Samples should not be in transit over the weekend; please arrange for the samples to be sent overnight and to arrive no later than Friday.

- Plan to return the samples **Monday – Thursday by overnight delivery only.**
- If samples are completed on a Friday - Sunday, please keep them frozen until Monday and return it on Monday for Tuesday.
- Make sure the collection tubes are tightly closed and identified with completed labels. Failure to complete the labels correctly will result in the samples being rejected.
- Put the tubes in the biohazard bag with absorbent paper and seal it securely.
- Place the biohazard bag in the silver pouch with the frozen freezer brick.
- Place the sealed silver pouch inside the mailing envelope with your completed and signed requisition form.
- Seal the envelope.
- Once posting/couriering of samples has been arranged, keep any tracking numbers issued by the courier / Royal Mail for future reference.

Bone Resorption and/or Oestrogen Metabolism Assessments Patient Instructions for Urine Collection



Check Your Kit

- A** - 1 Urine collection cup
- B** - 2 Tubes (one with preservative and black bottom)
- C** - 1 Pipette
- D** - 1 Glove
- E** - 1 Biohazard bag and absorbent paper
- F** - 2 labels
- G** - 1 Gel freezer brick
- H** - 1 Silver pouch
- I** - 1 Requisition (to be completed and signed)
- J** - 1 Mailing envelope

- If any of the items are missing or expired, call the laboratory on 020 8336 7750.
- The appearance of the above kit components are for illustration use only and actual contents may vary slightly from that shown.

Step 1:

Important things to know and consider

- Hormone-modifying substances such as Tamoxifen, contraceptives, antibiotics, hormone replacement therapies, and herbal or nutritional supplements may modify results. Certain medications can affect urine creatinine levels (e.g. Tagamet). *Let your healthcare provider know about these and any other medications, herbs, and supplements that you have used in the past 3 months. Do not change use of supplements or medications unless instructed to do so by your healthcare provider.*
- **Abnormal kidney function** or use of diuretics may influence test results. This test should not be performed on individuals with kidney disorders.
- It is essential to avoid excessive fluid intake for the 24 hours prior to collection. Aim to drink no more than an average fluid intake of 1.5 litres, spread throughout the day.
- If you are experiencing a urinary tract infection, delay urine collection until your treatment is complete.
- Female patients should not collect samples during menstruation. Please see schedule below.

Additional information:

If you are completing the **Bone Resorption test** (either on its own or with the Oestrogen Metabolism) please read the following. If any of the following factors apply to you, it is advisable to delay testing. Please consult your healthcare provider.

- Pregnancy or lactation
- Bone fracture: levels may remain elevated for up to one year
- Spinal cord injury; severe burns
- Use of medicines or supplements such as cephalosporins, trimethoprim, doxycycline, sulfasalazine and human growth hormone.

If this is a repeat test, collect specimen under similar conditions, bearing in mind the factors that can influence results ie: phase of menstrual cycle: follicular vs. luteal and physical activity level.

Schedule and prepare for your urine collection

- **Collection schedule criteria**
 - If conducting **Bone Resorption ONLY**, the sample can be taken on any day.
 - If conducting **Oestrogen Metabolism** (with or without Bone Resorption), follow the schedule below:
 - **Premenopausal women:** Collect specimen between days 19 and 25 of the menstrual cycle.
 - **Menopausal women:** Collect urine specimen on any day.
 - **Women on Hormone Replacement Therapies:** Collect specimen approximately 8-10 hours AFTER the last dose of any hormone-containing medication.
 - **Follow-up testing:** It is essential to collect the specimen on the same day of cycle or phase of hormone therapy as the previous sample.
- **Before starting the test:** Place the gel freezer brick in the freezer. It must be frozen for a minimum of 4 hours before returning the samples.
- Samples must be frozen for at least 2 hours prior to shipping. Please note: samples completed on Friday - Sunday should be stored frozen until Monday for returning to the laboratory by overnight delivery.
- **Complete the requisition form** with all patient and payment information. Be sure it is signed by the patient/ responsible party in the box labelled "Final Sample Date / Time."

Step 2:

Collecting your urine specimen

Not following these instructions may affect your test results.

Please note this caution: A very small amount of Ascorbic Acid is contained in a tube as a preservative. Do not discard fluid. Avoid contact of the eyes or skin with the fluid in the tube. 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 Write your full name (first and last), date of birth, time and date of collection** on each label using a ballpoint pen or pencil only. Attach labels to the collection tubes.



- 2 After awakening for the day (after 6 to 8 hours sleep), collect your first morning urine* in the collection cup provided in your kit. After filling the cup, pass any additional urine into the toilet.**
*If you wake up to urinate during the night within six hours before your rising time, collect your urine and keep it cool (away from direct heat), then mix that sample to the urine you collect when you rise for the day. You may wish to use a disposable cup or other clean container (cleaned with hot water only).



- 3 Use the pipette to transfer urine** from the collection cup into the tubes until each is nearly full.



- 4 Recap the tubes tightly and shake them** to mix thoroughly. Discard the remaining urine, the collection cup, the pipette, and the glove.



- 5 Place the filled tubes into the biohazard bag** and freeze for a minimum of 2 hours prior to returning them to the laboratory.

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