



First Morning Void vs. 24-Hour Collection

Options for Urine Hormone Collection

Introduction

Urine hormone testing is well established as a valid and accurate form of hormone testing. This sample type also provides a “time-average”, which integrates multiple spikes that may occur in some hormones throughout the day.

There are two options for urine specimen collection:	
<p style="text-align: center;"><i>First Morning Void (FMV)</i></p> <p>The FMV is a single urine collection upon waking. It provides a time-average for hormone spikes that may occur during the hours of sleep (approximately 8-hours), and includes the early morning peak excretion expected in a number of hormones. As a result, the time-average of the overnight collection paired with capturing the peak excretion provides an estimate of both the Total Output and Peak Output of measured hormones.</p>	<p style="text-align: center;"><i>24-Hour Collection</i></p> <p>The 24-Hour Collection captures all urine over a 24-hour time period. It provides a time-average for hormone spikes that may occur throughout a complete circadian rhythm (24 hours). As a result, the 24-Hour provides the highest level of sensitivity to assess very low levels of hormones by providing a direct measurement of the Total Output of each hormone.</p>
Specimen collection comparison:	
<p style="text-align: center;"><i>First Morning Void (FMV)</i></p> <ul style="list-style-type: none"> • Single collection convenience • Includes early morning hormone peaks • Excellent measure of Peak Output • Convenient estimate of Total Output 	<p style="text-align: center;"><i>24-Hour Collection</i></p> <ul style="list-style-type: none"> • Multiple collections • Includes entire circadian rhythm • Direct measure of Total Output • Best measure for low total hormone levels

Both specimen collection options provide the following advantages:

- Time-average of hormone spikes that may occur
- Measures parent hormones and metabolites
- Measures the free, bio-available fraction of each hormone
- Simple, at-home specimen collection
- Both collection options can be used effectively for prescribing and monitoring hormone replacement therapy (HRT).