

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:

First Morning Void (FMV)

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.

24-Hour Collection

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.

Specimen collection comparison:

First Morning Void (FMV)

- Single collection convenience
- Includes early morning hormone peaks
- Excellent measure of Peak Output
- Convenient estimate of Total Output

24-Hour Collection

- 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).