

## WHEN READY TO SHIP, ENSURE THE FOLLOWING:

### Cup:

- Tightly closed
- Marked with **first and last name, date of birth, and date and time of collection.**
- Sealed in biohazard bag with absorbent pad

### Swabs:

- Included- inside original package
  - Marked with **first and last name, and date of collection.**
- All sections of **requisition form completed.**
- Payment included** or completed online.
- All specimens** placed back in original box.
- Complete survey**

## SHIP THE SPECIMEN(S) TO THE LAB

Please refer to the shipping instruction insert found in your sample collection pack.

### VISIT YOUR PATIENT RESOURCE CENTER AT [WWW.GDX.NET/PRC](http://WWW.GDX.NET/PRC)

- Access test results
- Make payments
- Complete health surveys



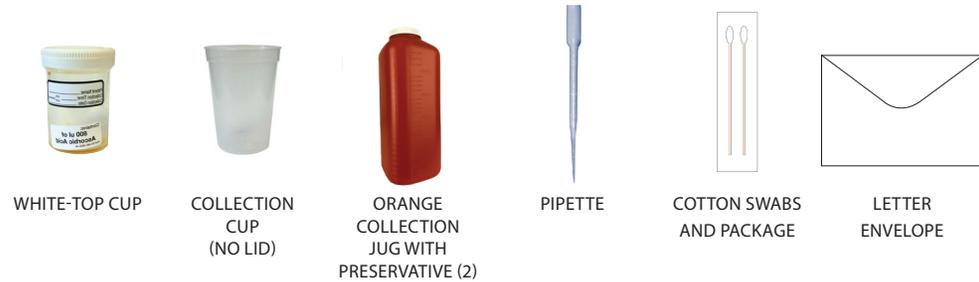
Call **800.522.4762** or visit our website at [www.gdx.net](http://www.gdx.net)

## URINARY HORMONES ENDOCRINOLOGY

### PATIENT 24-HOUR URINE & BUCCAL SWAB COLLECTION INSTRUCTIONS FOR THE FOLLOWING PROFILE(S)

<b>Complete Hormones™ *</b>	Urine	#4200
<b>Essential Estrogens™ *</b>	Urine	#4209
<b>Genomics a-la-carte SNPS*</b>	Buccal Swab	

### COLLECTION MATERIALS FOR SPECIMEN



#### • **CAUTION: Contains Absorbic Acid. KEEP OUT OF REACH OF CHILDREN.**

For eye contact, flush with water for 15 mins. For skin contact, wash with soap and water. For ingestion, contact poison control center immediately.

### ADDITIONAL MATERIALS

- Disposable vinyl gloves (2)
- Collection labels
- Test Questionnaire
- Test requisition form
- Biohazard bag with side pocket with absorbent pad
- Specimen collection pack
- FedEx® Clinical Lab Pak and Billable Stamp

If any items are missing or expired, or liquid is spilled, call Client Services at 800.522.4762 and press "1"

### IMPORTANT PREP BEFORE PATIENT TAKES TEST

For full details and explanations refer to: [www.gdx.net/tests/prep](http://www.gdx.net/tests/prep)

- 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 perform 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.
- 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.



**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)

- 1 Completely **fill out** front and back of test requisition form. Failure to provide all information will result in delay of test processing.
- 2 Please **write the patient's full name, the time and date of collection, and date of birth** on the label and apply it to the white-top cup.
- 3 **Put** on glove. Hold the large orange jug to avoid spilling the white powder.
- 4 On first day, **discard** the first urination after rising. **Collect** all urinations for the next 24 hours, including your first urination after rising the next day.
- 5 **Collect** each urination in the disposable cup and pour into the large orange jug. **Do not rinse** or clean the cup. **Recap** jug and **mix gently**. **Refrigerate** jug through 24 hour collection period.
- 6 **IF YOU ONLY FILL ONE JUG, screw** the lid on tightly. **Set** on a level surface and **note** the total volume using the milliliters (ml) marks on the side of the jug. **Be sure to record this on the requisition form**. Lab processing cannot be completed without this information. Gently **mix** for 30 seconds. Skip to step #7.
- 7 **IF YOU FILL TWO JUGS, put** on the disposable gloves and **mix** the urine together by **pouring back and forth** between the jugs. **Do not spill** urine. **Set** jugs on a level surface and note the volumes using the milliliter marks on the side of the jugs. **Add together the amount in jug #1 and the amount in jug #2. Be sure to record this on the requisition form**. Lab processing cannot be completed without this information.
- 8 **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.
- 8 **Place** the cup in the Biohazard bag. **Refrigerate** until ready to ship. Remember to ship within 48 hours after final collection.



**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**.

- 1 Just prior to collection, **wash hands** completely with hand soap.
  - 2 **Keeping the packet intact, peel open** the package labeled, "Sterile Cotton Tipped Applicator."
  - 3 **Only peel back the package far enough to remove the cotton swab applicator.**
  - 4 **Remove** one applicator. **Avoid contact** with the cotton tip.
  - 5 **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.*
- 6 **REPEAT STEPS 1 - 5 WITH SECOND SWAB**
  - 7 **Allow swabs to air dry for 15-20 minutes, then replace** them (swab first) into the swab applicator package.
  - 8 **Print Full name and collection date on specimen collection label. Place** the specimen collection label on the envelope.
  - 9 **Insert** swab applicator package into the letter envelope and seal. **Be sure to ship with urine sample.**

