

## IMPORTANT SHIPPING INSTRUCTIONS

- Clearly print the following on **both** Test Requisition Form and 50 ml Urine Collection Tube:
  - Name •Date of Birth •Gender
  - Total Urine Volume (ml) in the Urine Collection Jug
- **Test Requisition Form** must also include:
  - Patient's Date of Birth •Practitioner's Signature
  - Date Specimen Collected •Date Sent •Total Urine Volume (ml) •Test Request •Billing Information
- For insurance billing, fill out all pertinent insurance information including ICD-9 code which should be provided by the practitioner.
- For women and men: Note on Test Requisition Form any medications you are on. For women this includes birth control.
- For women only: Note whether pre- or postmenopausal. For premenopausal, record date of menstrual cycle (day 1 is the first day of menstrual flow).
- **Missing or incomplete test request information will delay processing and extend turn-around time.**
- **US BioTek Laboratories is NOT a Medicare or Medicaid provider. Our test procedures are not reimbursable by both.**
- **Ship specimen within 48-hours after collection.** Specimen may be safely shipped at room temperature. Lab must receive specimen within 7 days at room temperature from date of collection.
- Please use suitable carriers to ensure timely arrival of specimens. Client is responsible for the shipping cost.

To order supplies call US BioTek  
Laboratories during our normal business  
hours: 8:30 to 5:00pm PST.

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## Comprehensive Urinary Steroid Hormone Profile Collection & Shipping Instructions

For Alaska, Hawaii & Canada

### Kit Contents:

- 1 Urine Collection Jug with Ascorbic Acid Preservative
- 1 50 ml Urine Collection Tube with Cap
- 1 Ziploc Bag
- 1 Pair of Gloves
- 1 Absorbent Pad
- 1 Test Requisition Form
- 1 Kit/Shipping Box

Not suitable for ages less than 21 years.



**A LEADER IN SPECIALTY  
MEDICAL TESTING  
WORLDWIDE**

## SPECIAL COLLECTION INSTRUCTIONS

- **Supplements** such as indole-3-carbinol (I3C), flaxseed, borage and primrose oil may influence the sex steroids. It is at the practitioner's discretion whether such supplements should be taken during collection, or avoided for a week prior to and during collection.
- **Medications** affecting steroid hormone levels are diverse and include: estrogens (including birth control pills, hormone replacement therapy), testosterone, corticosteroids, digoxin, thiazides, spironolactone, barbiturates, medicines to treat prostate or breast cancer, and certain anti-seizure drugs. This list is not exhaustive. Patients on birth control may be advised to discontinue these for 2-3 days (2 days prior to and day of urine collection). Some practitioners may suggest a longer avoidance of up to 3 months prior to collection. Patients on hormone replacement therapy may be advised to continue medication during collection so as to monitor therapy. It is at the ordering practitioner's discretion to weigh in the current medications of the patient with test results.
- **Premenopausal Women:** Urine may be collected on any day. Note date of menstrual cycle on test requisition (day 1 is the first day of menstrual flow). Generally, to evaluate ovulatory function, urine may be collected between days 19 and 21 of a typical 28-day cycle. Please note, the reference range established does not differentiate between phases of the menstrual cycle; follicular, midcycle and luteal.

- Do not exceed your usual intake of fluids or change your dietary habit during the day before and the day of your collection unless advised by the practitioner.
- Avoid alcoholic beverages and vitamins (B-vitamins) for 24 hours prior to and during urine collection.
- If a second urine jug is necessary be sure to mix ALL urine prior to collecting the aliquot for shipment.
- For follow-up testing, collect urine sample at the same day of cycle or phase of hormone therapy as the initial sample.

## WARNINGS & PRECAUTIONS

- Urine Collection Jug contains ascorbic acid preservative. Do not remove or ingest.
- Keep out of reach of children.
- Avoid collection during menstruation or urinary tract infection.
- Supplements, medications, and phase of menstrual cycle may alter results. Refer to **Special Collection Instructions**.

## SPECIMEN COLLECTION INSTRUCTIONS

1. Carefully expand the **Urine Collection Jug** to its full size. Do not discard the ascorbic acid preservative (white powder) in the Urine Collection Jug.
2. To collect a 24-hour urine specimen, do not collect your 1<sup>st</sup> morning urine upon waking up. Collect **all** subsequent urinations for the 24-hour period including your 1<sup>st</sup> morning urine of **the next day**. The urine after waking up on the 2<sup>nd</sup> morning is the final urine you will collect.
3. Collect urine into any **clean cup** (Styrofoam, glass or plastic) and pour into the Urine Collection Jug throughout the 24-hour period. Do not rinse or clean cup between each use.
4. Recap the Urine Collection Jug between collections. Store urine at room temperature (21 - 25 °C).
5. If any specimen during the 24-hour period is missed, discard all urine and recollect utilizing a new collection jug.
6. After completing the 24-hour urine collection, using the scale on the Urine Collection Jug, record the **total urine volume** onto **Test Requisition Form**. Lab **cannot process sample** without this information.
7. Shake Urine Collection Jug to mix urine well and pour about 45 ml urine into the **50 ml Urine Collection Tube**. Cap tightly. Label clearly. Discard remaining urine and Urine Collection Jug.
8. Wrap **Absorbent Pad** around the 50 ml Urine Collection Tube and place in **Ziploc Bag**. Seal tightly.
9. Place sealed Ziploc Bag in the **Kit/Shipping Box** with completed Test Requisition Form. Secure the Kit/Shipping Box top flap with tape.