



Comprehensive Hormone Insights™

Important:

Read all collection instructions
prior to collecting urine.

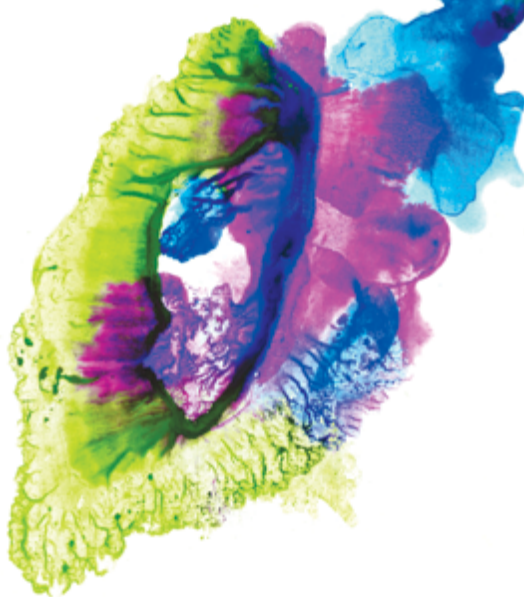
Before You Begin

Check contents of the kit. If anything is missing, please contact your healthcare provider prior to collection.

Your Kit Contains:

- Kit box (keep for shipping your sample)
- Collection instructions
- Requisition form
- Disposable transfer pipette
- 4x green-top 10 mL tubes
- Biohazard bag with absorbent material*
- Ice pack
- Insulated envelope
- Pre-paid return mailer
- Purple resealable bag for discreet carrying of samples on the go (*this is for your personal use only— do not include this bag when shipping samples to the laboratory*)

Note: A clean glass container is required to collect your urine samples. This container is not provided in the kit.



***IMPORTANT:** Please do not remove the absorbent material from the biohazard bag. Do not put absorbent material in toilet or collection tube. Collection tubes are for urine only.

When to Collect

Timing Considerations

Cycling women

The time of month that you collect your sample is important.

- Do not collect during your menstrual period;
- If your periods are irregular, collect one week before your period is expected, or when you are not bleeding;
- If you wish to collect in the luteal phase, 7 to 9 days before the start of your period is best;
- If you wish to collect in the follicular phase, 7 to 9 days after the first day of bleeding is recommended;
- Do not collect when ovulating;
- Consult with your healthcare provider to determine your optimal collection dates.

Men and non-cycling or postmenopausal women

You can start your sample collection on any day of the month.

Shift workers

Adopt the same time intervals as in the “Collection Timing: Day 1 and 2” chart on the next page, and collect in accordance with your sleep schedule.



When to Collect

If You Are Taking/Using Hormones:

- If you have recently started hormone therapy, you should be on hormones for at least three weeks before collection;
- Synthetic hormone analogs may affect progesterone, testosterone and/or estrogen levels. Women taking birth control pills or other synthetic hormones like MPA (medroxyprogesterone acetate) should discuss with your healthcare provider prior to testing;
- If you are using topical, oral, or injectable hormones (creams, gels, patches, pills, sublingual) continue using them on your regular schedule throughout the collection period;
- If your healthcare provider wants a baseline hormone level you will have to be off oral/patch supplements for two weeks prior to testing and off cream supplements for 12 weeks prior to testing.

If you have questions about when to test because you are on hormone therapy, please contact your healthcare provider.

Requisition Form

Check your requisition form to ensure it includes your healthcare provider's signature and barcode label. If either is missing, please contact your healthcare provider before collecting your sample.

Complete your requisition with the following:

- Legal name (first and last), address, telephone number
- Date of birth (yyyy-mm-dd)

Note: Patient must be 15 years of age or older and have achieved puberty.

- Gender
- Date and time of collection (yyyy-mm-dd; hh:mm)
- List all medication and supplements you are using as they may affect test results

IMPORTANT! The name on your samples and your requisition(s) MUST match exactly.

Sample Labelling

Use permanent ink ball point pens as other inks are water-soluble (e.g. rollerball ink) and may wash off containers or smear before testing. Unlabelled or illegibly labelled samples will be rejected.

Complete sample labels with the following:

- Legal name (first and last)
- Date of birth (yyyy-mm-dd)
- Date and time of collection (yyyy-mm-dd; hh:mm)

Sample Collection

During Collection

Drink your usual amount of liquids. Urine should not be concentrated (dark) or too dilute (completely colourless). If consuming caffeinated and/or alcoholic drinks, limit consumption to 1-2 drinks per day.

Sample Collection

Note: Pre-freeze your ice pack so it will be ready for shipping.

Collection Timing:
Day 1 and 2

Day	Sample	Label Color	Volume	Collection Time
1	A	Green	8 mLs	2 hours after waking <i>(empty bladder upon waking)</i>
1	B	Blue	8 mLs	Supper <i>(approx. 9-10 hours after waking)</i>
1	C	Pink	8 mLs	Bedtime <i>(approx. 14-15 hours after waking)</i>
2	D	Purple	8 mLs	First morning <i>(full bladder including overnight)</i>

Day 1

Collect samples A, B and C at the scheduled times according to the chart above, following these simple steps:

1. Collect urine in a clean glass container (not provided).
2. Using the transfer pipette, fill the appropriately coloured tube to the 8 mL line (**Note:** Do not overfill as it may cause leakage while freezing).
3. Firmly screw the lid onto the tube, label the sample and place the tube into the biohazard bag.
4. Discard the remaining urine that was collected and rinse the glass container.
5. Store your samples in the freezer until all four samples are collected.

Day 2

Sample D (purple label) is a collection of all urine produced overnight, including your first morning urine.

If you wake to urinate throughout the night, collect this urine into a clean glass container and store it in the fridge. Upon waking, collect your first morning urine into the same container and mix it well with the overnight urine.

Transfer the urine into the purple-labelled tube following steps 2-4 of the Day 1 instructions.

Store this sample in the freezer along with the other samples.

Sending Your Sample

All samples must be frozen before shipping, and shipped together on the next business day (Monday through Thursday). DO NOT ship samples on Fridays, weekends or statutory holidays. To ship:

1. Place the completed requisition form in the outside pocket of the insulated envelope.
2. Place the sealed biohazard bag containing the frozen samples into the insulated envelope with the frozen ice pack. Place the insulated envelope, with the completed requisition form, into the kit box and close it.
3. Place the closed kit box into the pre-paid return mailer, then seal the mailer.
4. Call FedEx at 1-800-463-3339 and request same day pick-up.

Getting Results

Results will be sent to your healthcare provider approximately 7-10 business days after your sample has been received by Rocky Mountain Analytical. Note that the sample may take several days to arrive at the lab.

Please contact your healthcare provider if you have questions regarding your results.

Note: Due to our laboratory accreditation requirements, Rocky Mountain Analytical staff cannot discuss test results with patients.





Rocky Mountain Analytical®
Changing lives, one test at a time

Patient Privacy

Privacy Statement: The personal information collected on the requisition form(s) and any medical data subsequently acquired will be used and disclosed only as permitted or required by provincial privacy laws (and related acts and regulations). Use of the requisition form(s) implies consent for the use of de-identified patient data and specimens for quality assurance purposes in accordance with the law. Some aggregate data may be used for research purposes. Rocky Mountain Analytical's privacy policy is available at www.rmalab.com. If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical. info@rmalab.com | P: 403-241-4500 | F: 403-241-4501

