

## Hormone User Guide:

Continue to use all hormones as prescribed and instructed by your prescribing physician. You **DO NOT** need to stop current hormone medications prior to collection unless advised by your healthcare provider.

HORMONE TYPE	COLLECT SAMPLE
Creams/gels/capsules	12-24 hours after last dose
Troche/sublingual	36 hours after last dose
Patches	24-48 hours after applying patch
Injection/Pellets	Midpoint between treatment

## Dried Urine Hormones Collection Timing:

Men and post-menopausal women: collect any day.

Pre-menopausal women:

- Normal cycle: Collect on days 19-21 of your regular cycle. (Day 1 = first day of your last period)
- Long cycle: calculate the number of days that your cycle exceeds 28 days (e.g. 32-day cycle is 4 days over), then add this to 19-21 for your adjusted collection window.
- Short cycle: collect your samples approximately 2 days before your period is expected to begin (e.g. for a 14-day cycle, collect your sample on day 2-12).
- Irregular cycle: for irregular cycles/no cycle, collect samples on any day that you are not menstruating (bleeding).

## Saliva Hormones Collection Timing:



☐ **COLLECT SAMPLE 1:**  
Immediately upon rising

☐ **COLLECT SAMPLE 2:**  
30 minutes POST awakening

☐ **COLLECT SAMPLE 3:**  
60 minutes POST awakening



☐ **COLLECT SAMPLE 4:**  
At approximately **12 noon**



☐ **COLLECT SAMPLE 5:**  
At approximately **4 PM**

☐ **COLLECT SAMPLE 6:**  
At approximately **9 PM**



# EndoInsight PLUS

## Collection Instructions

### GETTING STARTED

Accurate test results start with a properly collected sample and correct paperwork. Please review the specimen collection instructions thoroughly before you begin.

#### To Avoid Specimen Rejections (Cortisol Awakening Response):

- Follow Collection Timing instructions to identify the day you need to collect your sample.
- On the day of collection: STRICTLY AVOID caffeine, alcohol, tea, nicotine (smoking) unless told otherwise by your healthcare provider.
- During the 2 hours prior to each collection: DO NOT eat, brush or floss your teeth or use mouthwash. You may drink water during this time.
- Before each collection, wash hands thoroughly with soap and water to avoid contamination.

#### To Avoid Specimen Rejections (Dried Urine Hormones):

- Avoid sexual intercourse 24 hours prior to the date of collection and on the date of collection.
- On the day of collection: STRICTLY AVOID caffeine, alcohol, tea, bananas, avocados, and flax seed/flax seed oil.
- On the day of collection: reduce your fluid intake by half your normal volume.
- Collect all 4 samples on the same day! Try to avoid urination throughout the night before your planned collections. If you must urinate during the night, use the 5<sup>th</sup> collection card provided and follow the collection instructions for the additional card.

## Dried Urine Hormones Collection Instructions

### STEP 1: PREP



1. Lay out all the contents of your kit. 1 urine cup, 5 dried urine cards, questionnaire, requisition form, and bio-hazard bag.
2. Fill out the requisition form information, all patient information is required.
3. Complete the patient questionnaire form. The questionnaire is used for final reporting purposes of your tests results.

### STEP 2: COLLECT



- Collect your samples using the schedule below. All samples must be taken on the same day. If you must urinate during the night before your intended collection day, use the additional 5th card provided.
1. Wash your hands thoroughly
  2. Expand the collapsible urine collection cup provided.
  3. Urinate directly into the collapsible cup filling it approximately 75% full.



#### WHEN TO COLLECT EACH SAMPLE?

OPTIONAL SAMPLE	COLLECT SAMPLE 1	COLLECT SAMPLE 2	COLLECT SAMPLE 3	COLLECT SAMPLE 4
Night before collection if needed	Immediately Upon rising (eg. 6-8am)	Two hours after The first sample (prior to 10 am)	Late afternoon (between 4-6pm)	Just prior to going to bed (between 8-10pm)

### STEP 3: TRANSFER



1. Fill out all the information on the back of the card. Name, Date of birth, date of collection, time of collection.
2. Open the cardboard cover and fold back to expose the dried urine strip filter paper. Do Not touch the filter paper with your hands.
3. Place the filter paper into the collapsible cup filled with urine and allow to sit until both squares of filter paper are completely saturated.
4. Remove from cup and allow to dry, as per step 4.
5. Rinse out the collection cup with water and allow air dry. Do not use a towel to dry.

### STEP 4: DRY



1. Position to air dry
  - **OPTION 1:** Prop the test strip in an upright position making a triangle with the strip cover as demonstrated in the diagram to the left.
  - **OPTION 2:** Hang the strip from the side of a counter or table by either taping the cover to the table or by setting a heavy object on the cover.
2. Wait. Allow the card time to dry completely, this is a minimum of 8 hours in warm dry climates but can be up to 2 days in cool dry climates. **DO NOT place moist cards into biohazard bag.**
3. Once dry, close the card into the cover by tucking the front flap into the cardboard lip on the bottom of the strip.

Repeat the above steps 2-4 for each of the remaining cards ensuring you follow the time schedule.

## Saliva Hormones Collection Instructions

### STEP 1: PREP



1. Lay out all the contents of your kit. saliva tubes, specimen label sheet, requisition form, and bio-hazard bag.
2. Fill out the requisition form information, all patient information is required.
3. Write your name and date of birth and date of collection on all 6 of the labels
4. Suggestions: keep a pen with your samples to make writing in the time of collection easy immediately after collection.

### STEP 2: COLLECT



1. Wash your hands thoroughly to prevent contamination.
2. Unscrew the lid of the collection vial and hold it to your lips.
3. Tilt your head forward and allow the saliva to naturally pool inside your mouth.
4. Allow the saliva to passively collect into the vial until the saliva fills to the top of the collection tube. **DO NOT** cough, clear your throat, or collect mucus from the back of your throat during collection.
  - Tap the tube with a fingernail or tap the bottom of the tube onto a hard surface to avoid foamy saliva or 'bubbles'.
5. Once your sample is full to the top without bubbles, tightly screw the cap back onto the collection tube to avoid leakage in transit.
6. Immediately after placing the cap onto the tube. Write the time of collection onto your specimen label and attach it around the tube and place the tube into the biohazard bag.

Repeat step 2 for each of the 6 sample collections.

### Saliva Hormones Collection Timing:



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### Final Step Both Collections

#### PACKAGE AND SHIP



1. Ensure all tubes & dried urine cards are properly labeled with all patient and sample information filled out, and have been sealed inside the biohazard bag.
2. Fold the requisition form and place it inside the pocket on the outside of the biohazard bag. Note this pocket does not close.
3. Place the biohazard bag back into the kit box, and then place the kit box inside the prepaid shipping bag.
4. Freeze the completed collection kit until ready to ship, preferably the morning following your collection day.



For additional collection instructions please scan the QR code or visit [www.usbiotek.com/specimen-collection](http://www.usbiotek.com/specimen-collection)

All components of this kit are permitted for one-time use only. This kit is designed to be used under the guidance of a medical professional. If you have any questions regarding your collection please contact your ordering provider.