

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:

- 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, tea, alcohol, bananas, avocados, and flax seeds/flax seed oil.
- On the day of collection: reduce your fluid intake by half your usual amount, aiming for approximately 45 to 60 ounces.
- 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 5th collection card provided and follow the collection instructions for the additional card.

Collection Timing:

Men and post-menopausal women: collect any day.

Pre-menopausal women:

- Normal cycle: collect samples on days 19 to 21. (Note: Day 1 is the first day of your most recent 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 12).
- Irregular cycle: for irregular cycles/no cycle, collect samples on any day that you are not menstruating (bleeding).

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

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.



For additional collection instructions please scan the QR code or visit www.usbiotek.com/specimen-collection

STEP 1: PREP



1. Lay out all the contents of your kit.
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.

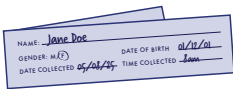
1. Wash your hands thoroughly.
2. Expand the collapsible urine collection cup provided.
3. Urinate directly into the collapsible cup filling it approximately 75% full.

WHEN TO COLLECT EACH SAMPLE?



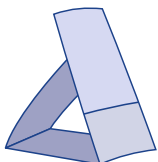
OPTIONAL SAMPLE	COLLECT SAMPLE 1	COLLECT SAMPLE 2	COLLECT SAMPLE 3	COLLECT SAMPLE 4
If needed, through the night	Immediately Upon rising (eg. 6-8am)	Two hours after The first sample (prior to 10 am)	Late afternoon (between 4-6pm)	Just prior to going to bed (between 8-10pm)

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.

STEP 5: PACKAGE AND SHIP



1. Ensure all urine cards are thoroughly dried before placing them into the sealable portion of the biohazard bag.
2. Fold the requisition form and the patient questionnaire and place in the front pocket on the biohazard bag. Note: this opening does not seal shut.
3. Place the Biohazard bag containing your 4-5 samples and forms into the pre-labeled return shipping envelope.
4. Ship the specimen to the lab.