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KIT CONTENTS

If you have questions, please call your provider before proceeding. If your kit is missing components, call (800) 323-2784 for a replacement.



Cardboard kit box



Insulated cooler with lid
(keep in kit box)



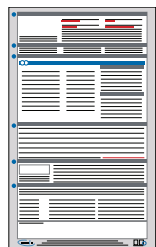
Ice pack
(place in freezer immediately)



Plastic bag containing:
5 color-coded urine tubes
5 pipettes
1 absorbent pad



5 urine collection cups
(separate from kit contents)



Requisition form



Patient survey



(USA Only)
FedEx Clinical Pak



(USA Only)
FedEx
Return
Label/Stamp

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PREPARATION

BEFORE YOU START: Please read all of the instructions carefully. Make sure your physician has selected a test profile on the requisition form. Collect urine on days that are determined by you and your provider. We recommend that you adhere to your most common sleep schedule and collect your urine samples as close as possible to the times specified on page 5. Shift workers should adapt the collection times in accordance with sleep schedule.

Please note: this test is intended for ages 12+

What days of the month should I collect?

Men and post-menopausal women: collect any day

Women with menstrual cycles: begin the collection between days 19 and 23 of a 28-day cycle, counting the first day of your period as day 1.

If cycles are irregular, contact your provider for clarity about the timing of your collection.

Recommendations for women and men on hormones

72 hours prior and during collection: Discontinue oral and sublingual hormones.

72 hours prior and during collection: Do not use hormones vaginally, as this may directly contaminate the urine.

Other hormones such as topical creams and gels, injectables, and patches can be used on your regular schedule.

Do not skip doses of oral birth control pills unless instructed by your healthcare provider.

A baseline hormone level may require supplement usage to stop for a longer period of time. Call your provider with questions.

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PREPARATION

Additional Recommendations

Cortisol/glucocorticoid supplementation: Consult with your health care provider if you are taking glucocorticoids. Certain medications such as asthma inhalers and hydrocortisone contain cortisol. To evaluate natural cortisol production, it is recommended to stop cortisol containing products 5 days prior to sample collection.

24 hours prior and during collection: avoid alcohol, caffeine, tobacco or nicotine-containing products and strenuous exercise.

24 hours prior and during collection, you may drink normal amounts of fluid (between 6-12 cups/1.5-3L).

The intent of this collection method is to create a urine test that closely represents a 24-hour collection. With this in mind, we want you to include as much urine as possible that is produced throughout a day and night. *During the time period that urine is being collected it is important to collect urine from a full bladder as much as possible. It is more important to get a good representation of urine than it is to collect at a precise time.*

If you are also testing Neurotransmitters

24 hours prior and during collection: avoid avocados, eggplant, tomatoes, bananas, melons, pineapple, grapefruit, plums, fruit juice, nuts, nut butters, wine, cheese, rice, and chocolate.





Day of both collections: it is recommended to avoid all supplements and medications until after all samples have been collected (including those that regulate allergy, mood, sleep, pain and inflammation).

Never discontinue prescription medications without first consulting your provider. Please do not send any medications with your kit.

Call your provider with additional questions.

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COLLECTING URINE

Day 1 Collection		Midsleep	Day 2 Collection	
	#1 Dinnertime: collect within 1-2 hours prior to eating		<i>Midsleep: collect only if you wake to urinate while sleeping</i>	
	#2 Bedtime: collect within 1 hour prior to sleep			#4 Post-waking: collect after 2-4 hours

- Collect a midstream specimen of urine using 1 of the 5 collection cups provided. If needed, you may reuse these cups.
- Pipette or pour urine into the properly labeled tube to the “fill line” marked on the tube label. Any remaining urine in the collection cup can be discarded in the toilet. DO NOT urinate directly into the tube, which contains an acid preservative* that may irritate the skin.
- Close tube and rock gently.
- Record your name and the date and time of collection on the tube, and on the requisition form.
- Place the urine tube back into the original plastic bag containing the absorbent pad. Store the urine in the freezer with the frozen ice pack.

#1 Dinnertime (orange): Collect the first urine sample prior to eating dinner. Try to wait 3-4 hours from your last urination before this first collection.

#2 Bedtime (blue): Collect the second urine sample prior to going to bed – this should be the last urination for Day 1.

Midsleep (grey): Collect only if you wake to urinate during your sleep.

#3 Waking (pink): Upon waking and rising from bed, collect the waking urine sample within 10 minutes.

#4 Post-waking (green): Wait at least 2 hours and collect another urine sample within 2-3 hours after waking. If you are unable to urinate, drink a little fluid.

Complete all the request information on the tube label, the requisition, and the patient survey. All urine samples should be stored in the zip-lock bag in the freezer with the frozen ice pack for a minimum of 4-6 hours until ready to ship.

*Acid preservative is approximately 25mg Oxalic Acid (commonly found in household cleaning products.) In case of contact with skin or eyes, rinse with plenty of water.

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SHIPPING

PREPARE THE PACKAGE

- 1. Ship Monday - Friday only.** You will be charged a pick-up fee if you call for a Saturday pick-up. Weekend or holiday collection: keep the specimen in the freezer until the following business day to ship.
- 2. Complete all paperwork, including requisition form and patient survey.** US patients only: fill out the ABN on the back of the requisition form.
- 3. Remove Zip-lock bag containing frozen specimen tubes and ice pack from the freezer.** Place these items inside the insulated cooler and replace the lid securely.
- 4. Place the insulated cooler inside the cardboard kit box.** Place the Requisition form, Patient Survey and any payment (if applicable) into the cardboard kit box. Close the cardboard box.
- 5. Open up the FedEx plastic Clinical Pak and affix the provided Prepaid label onto the bag in the designated location.** Record the tracking number printed on the label if you want to track this delivery.
- 6. Place the cardboard box inside the Clinical Pak and seal to securely close.**

SCHEDULE A PICK-UP (USA ONLY)

To schedule a pickup, call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). When you hear the automated greeting, say “Schedule a pick up.” The next prompt asks if the shipment is more than 150lbs, say “No.” At the next prompt, say “Schedule a Pick up with a Label or Stamp.” Reply “YES” when asked if the word “Stamp” is written on the waybill. You will then be asked for your address information. **DO NOT USE A DROP BOX or leave your kit outside (especially in warm temperatures).**

In some cases, Doctor’s Data provides prepaid shipping from certain countries outside the United States. If that policy pertains to this collection kit, then country specific shipping materials (including an Air Waybill and instructions) will be included in the kit contents. If there are not any shipping materials included or you choose to use a different courier or level of service than provided, you must make your own shipping arrangements at your own expense.

Hormone and Urinary Metabolites Assessment Profile

URINE COLLECTION



INSTRUCTIONS

Read all instructions before collecting specimens.



Scan code for expanded instructions and FAQs

