

DRIED URINE HORMONES COLLECTION KIT

9. Place the 4 dried urine test strips into the resealable section of the specimen transport bag. Ensure that all strips have been labelled as requested in step 1.
10. Complete the patient questionnaire form which was provided in the dried urine collection kit. The questionnaire is used for final reporting purposes of your test results.
11. Ensure that all sections of the NutriPATH request form are complete. This includes (patient name, address, date of birth and credit card details).
12. Complete the 'NutriPATH Patient Checklist Form' to avoid any delays in test results.
13. Place the 4 completed dried urine test strips in the sealable section of the specimen transport bag.
14. Place the NutriPATH request form and the patient questionnaire form in the non-sealable section of the specimen transport bag.
15. Place the specimen transport bag into the express post bag and send back to NutriPATH Pathology.

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our customer service on 1300 688 522 who will clearly explain the procedure.

Before proceeding, please carefully read the following guidelines. Without taking these precautions your results may be inaccurate.

IMPORTANT NOTES:

- **On the day of collection; STRICTLY AVOID caffeine, alcohol and tea.**
- **On the day of collection minimise your fluid intake by half.**
- **DO NOT touch the test filter paper with your hands.**
- **Men & Non-Cycling or postmenopausal women: can collect on any day.**
- **Premenopausal Women: Collect on day 21 of your regular cycle.**
- **Long/Short Cycles: Add the number of days you usually go beyond 28 days. Subtract, in a similar manner, if your cycles are shorter (Example: collect on day 20 for a 26 day cycle).**

'HORMONE USERS GUIDE'

Continue to use your hormones as prescribed. You do NOT need to stop current hormone medication prior to collection **Unless advised by your healthcare practitioner.**

Please follow the chart below for optimal timing of collection.

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

Thank you for your request, *Results will be forwarded to your referring practitioner between 10 to 14 working day.*

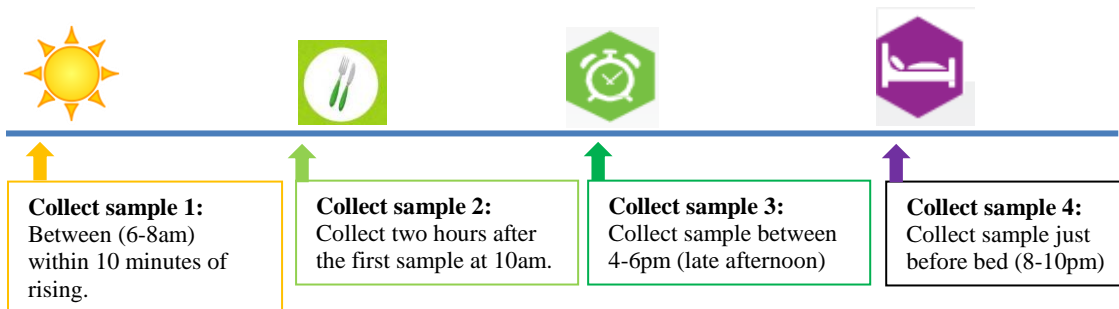
KIT CONTENTS

Check contents of kit. If items are missing OR you have any questions regarding this collection kit, please contact Integrative Medicine Customer Service on 1300 688 522.

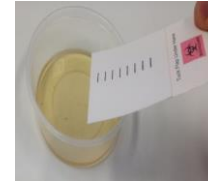
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|-----------------------------|---------------------------------|
| 4 x Dried Urine Test Strips | 1 x NutriPATH Request form |
| 1 x Specimen transport bag | 1 x Padded post envelope |
| 1 x Collection instructions | 1x Plastic urine collection cup |
| 1x Questionnaire form | 1x Powered free-glove |

SPECIMEN COLLECTION:

- To begin the collection process for each dried urine test strip, you will need to provide the following information on the back of each collection dried urine test strip:
 - First name
 - Surname
 - Date of collection
 - Time of collection including AM or PM
- Following the time schedule listed below, collect a urine sample at the following specified times or as indicated by your healthcare practitioner on the same day at: 6-8am, 10am, 4-6pm and 8-10pm.



- To collect urine onto the dried urine test strip, urinate directly into the plastic urine collection cup provided at each time throughout the same day following the time schedule.
- Open the cardboard cover and fold backwards to clearly expose the dried urine test strip filter paper. Ensure that enough urine has been collected into the plastic urine collection cup so that all **black indication lines** on the dried urine test strip filter paper have been saturated with urine.



- Once you have saturated the filter paper with urine, prop the test strip in an upright position to air dry. Please refer to the diagram below of how the sample should be positioned.



- After each urine collection, rinse the plastic urine collection cup with hot water and let it **Air Dry** prior to your next collection.
- Allow each sample to air dry until the following morning. **DO NOT** leave the sample anywhere where there may be possible contamination or direct sunlight.
- The following morning, fold the cover back over to protect the test strip. Ensure you don't touch the filter paper as this may potentially contaminate the sample.

Continue over page....