CODE: GO350

HuMAP

AND COMPREHENSIVE NEUROTRANSMITTERS

THE PROCESS

- Samples must be posted on a Monday or Tuesday.
- The test requires 4-5 urine samples over 2 days
- · Collect a midstream sample of urine
- You will need to send your samples to RN Labs using the postage satchel provided
- Store the urine samples in the ziplock bag in the freezer for a minimum of 4-6 hours before posting
- Notify your health coach when you have completed the test via Slack

5 Days before test

Stop taking supplements containing

Cortisol/glucocorticoid supplementation (eg asthma inhalers and hydrocortisone)

3 Days before and during the test

If using hormonal supplementation (excluding the oral birth control pill)

- o Discontinue oral and sublingual hormones for 72 hours before and during test
- 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

24 hours before and during the test

Avoid

- alcohol, caffeine, tobacco or nicotine-containing products and strenuous exercise
 Stop eating
- avocados, eggplant, tomatoes, bananas, melons, pineapple, grapefruit, plums, fruit juice, nuts, nut butters, wine, cheese, rice, and chocolate

Day of collection

Avoid

 All supplements and medications* until after all samples have been collected including those that regulate allergy, mood, sleep, pain and inflammation



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HuMAP ON THE DAY

Read test instructions thoroughly

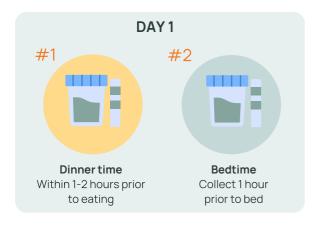
Collection Times - Please adhere to your most common sleep schedule and collect urine samples as close as possible to the times below.

Shift workers should adapt the collection times in accordance with sleep schedule.

- STEP 1: Collect a midstream specimen of urine using 1 of the 5 collection cups provided. If needed, you may reuse these cups
- STEP 2: Pipette or pour urine into the properly labelled 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

- STEP 3: Close tube and rock gently
- STEP 4: Record your NAME and the DATE and TIME OF COLLECTION on the tube, and on the requisition form
- STEP 5: Place the urine tube back into the original plastic bag containing the absorbent pad
- STEP 6: Store the urine in the freezer with the frozen ice pack in the original plastic bag













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WHEN

We want to ensure we get the most accurate data from your HUMAP test. For the most accurate data, this test needs to be performed at the right stage of your cycle.

If you are taking hormones OR are unsure, please speak with your health coach.

When should I take this test?

I'm not cycling



You do not cycle

Or

You are male or in or post menopause

Collect your sample any day. But ensure it is frozen until you post it on the following Monday or Tuesday.

I'm not sure



You have an irregular cycle

Contact your healthcare team to discuss timing

I know my cycle



You have a regular 28 day cycle

Begin the test between days 19-23 of your cycle. The first day of bleed counts as day 1

