

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)

- 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



*Consult your practitioner for specific instructions before stopping any medications.

Never discontinue prescription medications without first consulting your prescribing doctor.

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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

DAY 1

#1



Dinner time

Within 1-2 hours prior to eating

#2



Bedtime

Collect 1 hour prior to bed



Midsleep

ONLY if you wake to urinate

DAY 2

#3



Waking

Collect within 10 minutes of waking

#4



Post waking

Collect 2-4 hours after first collection



NO EXERCISE



NO TOBACCO OR
NICOTINE PRODUCTS



NO CAFFEINE
OR ALCOHOL

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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