

Step 3:

Ship the specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- Plan to ship the specimen **Monday – Friday overnight delivery only**.
- Call 1.800.GoFedEx (1.800.463.3339) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package.” Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- **Make sure the tube is tightly closed and identified** with completed label. Seal the tube in the bubble wrap bag and put it into the Biohazard bag, and seal it securely.
- **Lay the bag with urine specimen on top of the freezer brick** in the foam box. Secure the foam box lid with the rubber band.
- **Slide foam box back inside kit box** and place your **completed and signed requisition form** on top before closing. **Do NOT staple or tape box.**
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. **DO NOT mark or write in any other sections.**
- Put the kit box into the prepaid mailing envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.

Estrogen Metabolism Assessment (Urine) Patient Collection Instructions

IS-1589



Check Your Kit

- A - 1 Urine collection cup
- B - 2 Tubes (one with preservative and black bottom)
- C - 1 Pipette
- D - 1 Glove
- E - 1 Biohazard bag and absorbent pad
- F - 1 Bubblewrap bag
- G - 1 Freezer brick
- H - 1 Foam insulator box
- I - 1 Rubber band
- J - 1 Prepaid mailing envelope
- K - 1 Requisition (to be completed and signed)
- L - 1 Questionnaire (to be completed and returned)

- If any items are missing or expired, call Client Services at 800.522.4762, then press 1
- Keep the kit box for shipping your specimen to the lab.

Step 1:

Important things to know and consider

- Hormone-modifying substances such as Tamoxifen, contraceptives, antibiotics, hormone replacement therapies, and herbal and nutritional supplements may modify results. Certain medications can affect urine creatinine levels (e.g. Bacterim, Tagamet). *Let your healthcare provider know about these and any other medications, herbs, and supplements that you have used in the past 3 months.* Do not change use of supplements or medications unless instructed to do so by your healthcare provider.
- **Abnormal kidney function** or use of diuretics may influence test results. This test should not be performed on individuals with kidney disorders.
- If you are experiencing a urinary tract infection, delay urine collection until your treatment is complete.

Schedule & Prepare for the urine collection

- **Collection schedule criteria**
 - **Premenopausal women:** Collect specimen between days 19 and 25 of the menstrual cycle.
 - **Menopausal women:** Collect urine specimen on any day.
 - **Women on Hormone Replacement Therapies:** Collect specimen approximately 8-10 hours AFTER the last dose of any hormone-containing medication.
 - **Follow-up testing:** It is essential to collect the specimen on the same day of cycle or phase of hormone therapy as the previous sample.
- **Contact FedEx and schedule to ship the specimen overnight delivery** Monday - Friday. *Sample MUST be stored frozen at least 2 hours before shipping.*
- **Freeze the enclosed freezer brick** a minimum of 8 hours before shipping.
- **Complete the requisition form** with all patient and billing information. Be sure it is signed by the patient/responsible party and the healthcare provider.

Step 2:

Collecting your urine specimen

Not following these instructions may affect your test results.

Please note this caution: A very small amount of Ascorbic Acid is contained in the cup as a preservative. Do not discard cup fluid. Avoid contact of the eyes or skin with the fluid in the cup. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. Do not inhale or ingest liquid.



- 1 Write your full name, time, and date of collection** on each tube using a ballpoint pen or pencil only.



- 2 After awakening for the day (after 6 to 8 hours sleep), collect your first morning urine in the collection cup** provided in your kit. *After filling the cup, pass any additional urine into the toilet.*

(If you wake up to urinate during the night within six hours before your rising time, collect your urine and refrigerate it; then add that sample to the urine you collect when you rise for the day.)



- 3 Use the pipette to transfer urine** from the collection cup into the tubes until each is nearly full.



- 4 Recap the tubes tightly and shake** it to mix thoroughly. Discard the remaining urine, the collection cup, the pipette, and the glove.



- 5 Place the filled tubes into the biohazard bag** and *freeze a minimum of 2 hours prior to shipping.*

Consult your healthcare provider if you have any questions at any time during this test.