

COLLECTION INSTRUCTIONS

Your dried urine collection

This test maps your hormones across a single day, from four dried-urine samples collected at set times. Collecting at the right times – and, if you cycle, on the right day – is what makes your result meaningful.



A simple test you do at home

Your kit and four test strips are posted directly to you – no collection centre visit needed. Collect four samples across one day, let the strips air-dry, then mail them all back together.

1 When to collect

Collect four samples on the **same day**, at these times (or as your practitioner advises).



SAMPLE 1

6–8 am

within 10 min of rising



SAMPLE 2

~ 10 am

2 hours after sample 1



SAMPLE 3

4–6 pm

late afternoon



SAMPLE 4

8–10 pm

just before bed

Which day should you collect on?

Any day

Men, and non-cycling or postmenopausal women can collect on any day.

Day 21

Premenopausal women collect on **day 21** of a regular 28-day cycle (day 1 = first day of your period).

Longer or shorter cycle? Adjust by the number of days your cycle runs beyond or under 28 – for example, collect on **day 20 for a 26-day cycle**. If you're unsure, check with your practitioner.

Check your kit

- 4 × dried urine test strips
- 1 × powder-free glove
- 1 × request form
- 1 × plastic collection cup
- 1 × specimen transport bag
- 1 × padded post envelope

Something missing? Email us at info@i-screen.com.au before you begin.

2 Before you collect

Follow these on your collection day so your samples reflect your true hormone levels.



Avoid on the day

Strictly avoid caffeine, alcohol and tea on your collection day, unless your provider advises otherwise.



Halve your fluids

Cut your fluid intake by about half on collection day, so your urine isn't too diluted.



Never touch the paper

Don't touch the test-strip filter paper with your hands at any point – it can contaminate the sample.

IF YOU USE HORMONES

Hormone & supplement users

Continue your medications as prescribed – you do **not** need to stop them **unless advised by your practitioner**. If you use a hormone or steroid product, note it and its type on your request form, and follow the timing below.

Product type	When to collect your sample
Creams / gels / capsules	12–24 hours after last dose
Troche / sublingual	36 hours after last dose
Patches	24–48 hours after applying patch
Injections / pellets	Midpoint between treatments

DO THIS FIRST**Label all four strips before you start**

On the back of each strip, write:

- ☒ Your **first name and surname**
- ☒ The **date of collection**
- ☒ The **time of collection** (including am or pm)

3 Collecting each sample

Repeat these steps at each of the four times, using that strip's labelled slot.

- 1** At each scheduled time, urinate directly into the **plastic collection cup** provided.
- 2** Open the cardboard cover on the strip and fold it back to expose the filter paper – **without touching the paper**.
- 3** Saturate the filter paper with urine from the cup until **all the black indication lines are fully wet**.
- 4** **Prop the strip upright to air-dry** (as shown in your kit), away from direct sunlight and anywhere it could be contaminated.
- 5** Rinse the cup with hot water and let it air-dry before your next collection.
- 6** Leave each strip to dry **until the next morning**, then fold the cover back over to protect it – again without touching the paper.

4 Packing & sending

- 1** Once all four strips are dry and labelled, place them into the **sealable** section of the specimen transport bag.
- 2** Complete your **patient questionnaire form** (used for reporting) and your **Patient Checklist Form**, and check your **request form** is complete (name, address, date of birth).
- 3** Place the request form and questionnaire into the **non-sealable** section of the transport bag.
- 4** Place the transport bag into the **express post envelope** provided and mail it back via Australia Post.

Your results: Once the lab receives your strips, your results and personalised insights appear in your secure i-screen dashboard. We'll email you as soon as they're ready.