



Advanced Dried Urine Hormones

COLLECTION INSTRUCTIONS

IMPORTANT PRE-COLLECTION INFORMATION:

- 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

1. KIT CONTENTS:

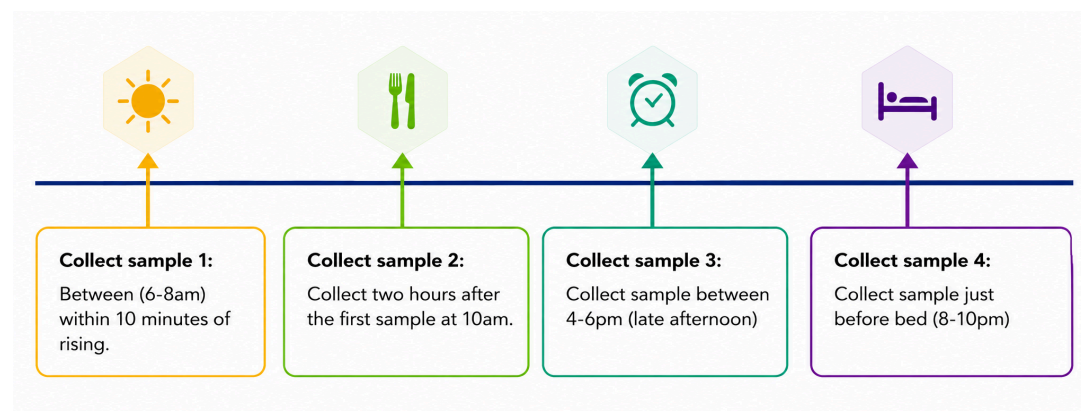
- 4 x Dried Urine Test Strips
- 1 x Specimen transport bag
- 1 x Collection instructions
- 1 x i-screen request form
- 1 x Padded post envelope
- 1x Plastic urine collection cup
- 1x Powered free-glove

SPECIMEN COLLECTION INSTRUCTIONS

1. 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

2. 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.



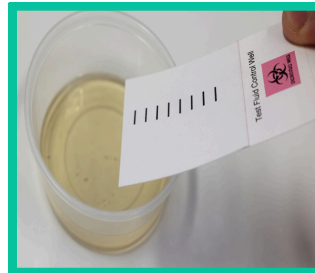
3. To collect urine onto the dried urine test strip, urinate directly into the plastic urine collection cup provided at each time throughout the same day following the time schedule.

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4. 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.



5. 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.

6. After each urine collection, rinse the plastic urine collection cup with hot water and let it Air Dry prior to your next collection.

7. 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.

8. 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.

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.

SENDING SAMPLES TO LABORATORY - INSTRUCTIONS

1. Place the 4 completed dried urine test strips in the sealable section of the specimen transport bag.
2. Ensure that your i-screen request form has been correctly filled out and all patient information is correctly stated. This includes full patient name, date of birth, residential address and telephone number. Once completed, place into the unsealed section of the specimen transport bag.
3. Place the specimen transport bag, which contains the i-screen pathology request form and the samples, into the padded envelope provided.



4. Send your sample on the same day via a Royal Mail Post Box or Post Office.

Thank you for choosing i-screen.
Results will be released in your i-screen dashboard where ready.