



Instructions for Providing a 24-Hour Urine Specimen for Rhein Consulting Labs:

Dr. Crisler has asked you to provide a 24-hour urine specimen for a comprehensive steroid hormone profile. You can assure the accuracy of the urinary tests to be performed by following the instructions carefully:

Do **NOT** take alcoholic beverages and vitamins (especially B-vitamins) for **24 HOURS** before you start collecting the specimen and during the collection period. You should **continue taking all other prescribed medications**. If you are taking I-3-C, DIM, TMG, PREG, Iodoral, etc. (supplements, not vitamins) continue to take them.

Do **NOT** use HCG the week of the lab draw **unless you take it every day, or every other day**. **Do NOT take DHEA the day before, or day of specimen collection**. **If on testosterone injections, don't do your collection on shot day, or two days after the shot. Do your test on the last half of your "injection week"**.

Do **NOT** exceed your normal intake of liquids during the day before as well as during collection. The 24-hour period begins when you get up in the morning and empty your bladder. **DO NOT COLLECT THIS FIRST URINE!** Record the time and date of this voiding on the requisition sheet provided in the kit.

Be sure to collect **ALL** urine - day and night - for the next 24 hours. Each time you urinate, collect all the urine in an opaque plastic container, such as a measuring cup, and carefully pour it into the large collection container. **Make your final collection when you empty your bladder the next morning**, approximately 24 hours after the time marked on the requisition sheet. If the collection jug is full and you have not finished collecting all of your urine for the 24-hour period, place your remaining urine in a separate opaque plastic container, such as a one-gallon milk jug. Once you have finished collecting all the urine, mix it all together in the two containers and record the total volume.

Throughout the 24-hour collection period, keep the urine in a cool place – a refrigerator is best. After collecting the final urine, read the total volume collected from the graduations marked on the side of the container. Typically, this is between 1200 and 2500 ml. If the level does not fall exactly on a graduation mark, estimate to the nearest 25 ml. For example, halfway between 1500 ml and 1600 ml would be 1550 ml. Record the volume in the space provided on your requisition form. **If you have any questions about this procedure, please call your practitioner or the laboratory.**

Once you have recorded your total volume, please shake the collection container in order to mix the contents. Carefully transfer enough urine to fill the plastic tube provided to the **45 ml** level. **Do not underfill or overfill**. **Remember, liquids expand when they are frozen. Screw the cap on tightly**. Put this tube upright into the freezer and freeze it, along with the gel refrigerant provided, for several hours. When it is frozen solid, place the frozen urine in the plastic bag provided. Pack it, along with the gel refrigerant, inside the Styrofoam container and seal the container with tape. **Place no markings on the Styrofoam container.**

Fill out the sender portion of the enclosed mailing label and attach it to the UPS mailing pouch. (The laboratory will be billed by UPS.) **Place the taped Styrofoam container** inside the pouch, **along with all of your paperwork**, and seal the pouch according to the instructions on the pouch. Take it to any UPS office or drop box **on any day Monday through Thursday only**, or call UPS (800-742-5877) to have it picked up. **Weekend deliveries cannot be accepted**. Make sure that your sample will ship out the same day you drop it off for overnight delivery. Otherwise, keep the urine in the freezer for another day. **Keeping the urine frozen for up to several days, even weeks, will not harm it.**

DO NOT SHIP YOUR SPECIMEN ON FRIDAY. IT WILL JUST SIT IN STORAGE ALL WEEKEND.