



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**.
- Do **NOT** use HCG the week of the lab draw **unless you take it every day, or every other day**.
- **If on testosterone injections, don't do your collection on shot day, or two days after the shot. Do the last half of your "injection week".**
- **Do NOT take DHEA the day before, or day of, the lab draw.**
- If you are taking I-3-C, DIM, TMG, PREG, Iodoral, etc. (supplements, not vitamins) continue to take them.
- Do **NOT** exceed your normal intake of liquids during the day before as well as during collection. But do have as much as you normally do.
- 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**. Collect each specimen in the provided urine collection container. Make your final collection when you empty your bladder the next morning, approximately 24 hours from the time marked on the requisition. A good tip is to place a urine collecting jug on top of your toilet seat lid so you don't forget.
- If you used two jugs, be sure to carefully mix the contents so the sample is an average of both.
- Keep the specimen in a **COOL PLACE**. If at all possible, refrigerate the specimen. After the final specimen is collected stand the container upright and read the total volume collected from the graduations marked on the side of the container. If the level does not fall exactly on a graduation mark, estimate to the nearest 25ml. For example, halfway between 3500ml and 3600ml would be 3550ml. Record the volume in the space provided above. If you have any questions concerning this procedure, contact the laboratory or your physician for assistance.
- Now carefully transfer enough urine to the plastic tube provided to fill it to the **45ml** level. Do not under fill or over fill. Remember, liquids expand upon freezing. Screw the cap on tightly. Put this tube upright into the freezer and freeze along with the gel refrigerant provided for several hours until frozen hard. Then pack the gel refrigerant and tube inside the Styrofoam container and seal it with tape. **Please place no markings on the styrofoam container.**
- Fill out the sender portion of the enclosed mailing label and attach it to the green DHL mailing pouch (the lab will be billed by DHL). **Tape the styrofoam container** and place it inside of the pouch, along with all of your paperwork, and seal the pouch according to the instructions on the pouch. Take it to any DHL/Airborne Express office or drop box **on any Monday through Thursday only or call DHL (800-call-DHL)** to have it picked up (weekend deliveries cannot be accepted). Make sure that it will ship on the same day you are dropping it off. Otherwise keep the specimen in the freezer for an additional day. **Keeping the specimen frozen up to several days will not harm the specimen.**
- **DO NOT SHIP YOUR SPECIMEN ON FRIDAY. IT WILL JUST SIT IN STORAGE ALL WEEKEND.**