

## CHECKLIST (PRIOR TO SHIPPING)

### 1. White-top cup

#### LABEL

- Patient's first/last name
- Date of birth
- Date of collection
- The specimen does not exceed the FILL LINES
- Cup is tightly closed
- Refrigerated

### 2. Envelope with buccal swabs (if collecting for Genomic add-ons)

#### LABEL

- Patient's First/Last Name
- Date of Collection

### 3. Test Requisition Form with payment

- Test Requisition Form is complete

#### LABEL:

- Patient's first/last name
- Date of birth
- Gender
- Date of collection
- Total urine volume
- Payment is included

## SHIP THE SPECIMEN TO THE LAB

Specimen(s) must be returned in the Genova Diagnostics kit box.

Please refer to the shipping instruction insert found in your kit box.

## URINE, FIRST MORNING VOID (FMV) COLLECTION INSTRUCTIONS #75 PATIENT URINE & BUCCAL SWAB COLLECTION INSTRUCTIONS

### URINARY HORMONES ENDOCRINOLOGY

The following test(s) can be collected using these instructions:

#### Essential Estrogens™

Add-ons available

- Triodothyronine, T3
- Cortisol, Free
- Genomics a-la-carte SNPs
  - > MTHFR
  - > COMT
  - > VDR
  - > CYP-1B1



Test may not be processed without this information.

#### Test Requisition Form



#### Please provide:

- Patient's first/last name
- Date of birth
- Gender
- Date of collection

#### White-top Cup



#### Please provide:

- Patient's Date of Birth

### Specimen

120 ml sample of urine  
Buccal Swab

(only for Genomics add-ons)

### Shipping Materials

- Glove
- Biohazard bag with absorbent material
- Test Requisition Form
- Collection label
- Questionnaire
- Prepaid mailing envelope

### Collection Materials for Urine



White-top cup



Collection cup  
(no lid)

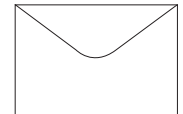


Pipette

### Collection Materials for Buccal Swab



Cotton Swabs  
and package



Letter envelope

### IMPORTANT THINGS TO KNOW AND CONSIDER



- Synthetic hormones** will not show up on the test and conjugated equine estrogens will show up mostly as estrone.
- Abnormal kidney function** or use of diuretics may influence test results. Do not perform on individuals with kidney disorders.
- Certain medicines** may impact test results (e.g. cephalosporins, cimetidine, fibrates and trimethoprim-sulfamethoxazole). Let your physician know about your use of these medications. **Do not change** use of medications unless instructed to do so by your healthcare provider.



Call 020 8336 7750 or visit our website at [www.gdx.net/uk](http://www.gdx.net/uk)  
46 - 50 Coombe Road • New Malden, Surrey KT3 4QF

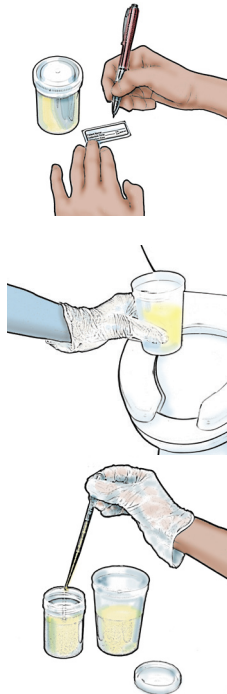
## URINE COLLECTION

### COLLECTION CRITERIA AND CAUTIONS

- ❑ **Premenopausal women:** If the goal is to evaluate ovulatory function, collect urine between *days 19-25* of the menstrual cycle.
  - ❑ **Menopausal women:** Collect specimen on any day.
  - ❑ **Women on hormone replacement therapies or oral contraceptives:** Continue dosing as usual.
  - ❑ **Follow-up testing:** Collect the specimen on the same day of cycle or phase of hormone therapy as the previous sample.
  - ❑ **Avoid contact** with the eyes or skin. For contact with eyes, wash for 15 minutes. For skin contact, wash thoroughly with soap
- and water. Do not inhale or ingest liquid or powder.
- 48 HOURS BEFORE THE TEST:** 
- ❑ **Avoid** eating (whole or ground) flax seeds and sesame seeds for at least 48 hours before urine collection begins.
- DAY BEFORE THE TEST:** 
- ❑ **Avoid** over hydration. Aim for average overall fluid intake of 1/2 oz water/fluid per pound of body weight per day. Example: 130 lbs -65 oz. (eight 8 oz. glasses).

Before collecting your specimen, refer to the shipping instructions to determine what day you can ship. Ship only Monday through Friday and **within 48 hours after final collection.**

- 1 IMPORTANT: To ensure accurate test results you MUST provide the requested information on the labels and the requisition. See checklist on back.**
- 2 If you wake up to urinate during the night** (within six hours of waking), **collect** with the provided collection cup, or a clean, disposable container, and refrigerate it.
- 3** Upon waking **collect** your urine into the same cup/container. **Fill** the cup/container and, pass any additional urine into the toilet.
- 4** **Open** the white-top cup. **Pour** urine from the collection cup into the white-top cup to approximately the 100ml mark, and then **use** the pipette to reach the 120ml mark. **Screw** the white top on the cup tightly to avoid leakage and shake to mix thoroughly.
- 5** **Discard** the remaining urine, collection cup, pipette, and glove.
- 6** **Place** the white-top cup into the biohazard bag and **refrigerate** until ready to ship.
- 7** **Ship within 48 hours after collection.**



## BUCCAL SWAB COLLECTION (ONLY FOR GENOMICS ADD-ON TESTING)


### NIGHT BEFORE COLLECTION:

- ❑ Use your normal nightly routine of brushing and flossing of teeth, but do not use mouthwash.

### MORNING OF COLLECTION:

- ❑ Specimen must be collected immediately upon rising. Do not practice normal oral hygiene routine, do not eat or drink **ANYTHING OTHER THAN WATER.**
- ❑ Just prior to collection, wash hands completely with hand soap.

For full details refer to: [www.gdx.net/tests/prep](http://www.gdx.net/tests/prep)

- 1 Keeping the packet intact, peel** open the package labeled, "Sterile Cotton Tipped Applicator." **Only peel back the package far enough to remove the cotton swab applicator.** 
- 2** Remove one applicator. *Avoid contact with the cotton tip.*
- 3** **Open** your mouth widely and insert applicator. For at least 30 seconds, **aggressively scrape** the inside of both cheeks using a back and forth, and up and down motion. **Rotate** the applicator several times, and **swab** between the cheek and gums. **Avoid** excessive saliva. **Note:** Unless a sufficient amount of cheek cells DNA is collected, a recollection will be required.

### REPEAT FIGURES 1 - 3 WITH SECOND SWAB

- 4** **Allow** swabs to air dry for 15-20 minutes, then replace them (swab first) into the swab applicator package.
- 5** **Print** Full name and collection date on specimen collection label. **Place** the specimen collection label on the envelope.
- 6** **Insert** swab applicator package into the letter envelope and seal. Be sure to ship with urine sample.

