

## Check Your Kit

- 1 Urine collection cup
- 2 Tubes\*
- 1 Pipette
- 1 Glove
- 1 Biohazard bag and absorbent pad
- 1 Flexfoil pack
- 1 Gel Freezer Pack
- 1 Requisition (to be completed and signed)

◆ If you are missing any of these items contact Genova on 020 8336 7750.

## Before the Test Begins

- ◆ If your physician/therapist has also ordered the Bone Resorption Assessment, the specimen must be received by the laboratory within 2 weeks of collection.
- ◆ In order for the test results to be representative, the patient's kidney function must be normal. Unusual fluid intakes or use of diuretics may influence test results. This test should not be performed on individuals with kidney disorders.
- ◆ If you are experiencing a urinary tract infection, delay collection of specimens until after completing treatment.

### Collection schedule criteria

- ◆ For premenopausal women, specimens must be collected between days 19 and 25 of the menstrual cycle (luteal phase). Day 1 is the day menstrual flow begins. Do not collect specimen if you are experiencing break-through bleeding.
- ◆ For menopausal women, specimens may be collected on any day.
- ◆ For women on hormone replacement therapies or hormonal contraceptives, we recommend that the specimen should be obtained approximately 8-10 hours AFTER the last dose of oral, transdermal, or vaginal hormone-containing medication. Consult your physician/ therapist before changing your hormone replacement regimen.
- ◆ For optimal follow-up testing, it is essential to collect the specimens at the same day of cycle or phase of hormone therapy as the previous sample.

### Ship Monday-Thursday only

- ◆ The specimens must be shipped overnight delivery Monday through Thursday only. Arrange shipping prior to testing (see Shipping section on other page). Sample **MUST** be stored frozen prior to shipping.

### At least 4 hours prior to collection

- ◆ Gel Freezer Pack must be frozen a minimum of 4 hours before shipping.

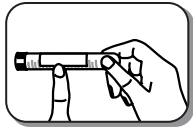
## FYI

- ◆ *If I have to get up during the night to urinate, is this my first urine of the day?* No. Your first urine is the urination upon awakening after a night's sleep (approximately six to eight hours).
- ◆ Hormone-modifying substances such as Tamoxifen, contraceptives, antibiotics, hormone replacement therapies, and herbal and nutritional supplements may modify results, as can severe illness. These circumstances will not impair the laboratory test procedure, but are likely to shift some of the results and may be used as clinical guidelines to customise therapy.
- ◆ If you have a kidney disorder, consult your healthcare provider about having this test performed using a blood sample.

**Consult your Physician or Therapist if you have any questions at any time during this test.**

# Collection

Not following these instructions may affect your test results.

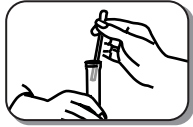


**1** Using a ballpoint pen or pencil only, write your name and the time and date of collection on each tube\*.



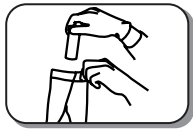
**2** After awakening for the day, collect your first urine in the collection cup provided in your kit.

**3** Open the tubes\*. Use the pipette to transfer urine from the collection cup into the tubes. Fill each tube to the 5-ml mark. Screw the top on the tubes tightly to avoid leakage and shake to mix thoroughly.



**4** Discard the remaining urine, the collection cup, the pipette, and the glove.

**5** Place the filled tubes into the biohazard bag and close the bag securely. Then put the biohazard bag in a freezer for a minimum of 2 hours. If unable to ship on the day of collection, continue freezing specimens until ready to ship.



**6** Complete the Requisition, including required signatures, date of collection, and date of birth. Return the requisition form along with the samples, using the return mailing envelope.

**7** When ready to ship, make sure the tubes in the Biohazard bag are tightly closed and are labeled. Place the Biohazard bag into the Flexfoil pack, along with the frozen Gel Freezer Pak, and seal using the adhesive strip. Place the Flexfoil pack into the return mailing envelope. Follow the shipping instructions.

**\*CAUTIONS: A very small amount of Ascorbic Acid is contained in one of the tubes as a preservative. ¥Do not discard tube fluid. ¥Avoid contact of the eyes or skin with the fluid in the tube. For contact with eyes, wash thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. ¥Do not inhale or ingest liquid.**

# Shipping

- ◆ Verify that the following items are shipped:
  - Biohazard bag containing the 2 filled tubes
  - Frozen Gel Freezer Pak
- ◆ Check that you have placed the following items in the shipment:
  - Flexfoil Pak, containing the Biohazard bag (with specimens) and the frozen Gel Freezer Pak
  - Requisition, completed and signed.
- ◆ Return the sample using the return mailing envelope to Genova by special delivery.

**Consult your Physician or Therapist if you have any questions at any time during this test.**