

Patient Guide



Estrogen Metabolism Assessment #4213



Abnormal kidney function or use of diuretics may influence test results.



Do not collect if there is blood in urine, including menstrual or other blood.

BEFORE YOU BEGIN

Activate This Test

Visit gdx.net/activate and enter the number found on the included activation label card.



STEP 1

Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays.

Prior to Testing

Certain medications may influence results, however there are no known interfering medications. Do not change use of medications unless instructed to do so by your healthcare provider. Visit the test prep page for more detailed information on medications and supplements.

Day Before Testing

Consume no more than six 8-ounce glasses of fluid over the 24 hours before collection.

Premenopausal Women

If the goal is to evaluate ovulatory function, collect specimens between days 19 and 25 of the menstrual cycle.

Continued on next page

STEP 1 (Continued from previous page)

Plan Your Collection

Peri/Menopausal Women and Males

Collect specimens on any day.

Patients on Hormone Therapies

Do not take hormones immediately prior to the morning specimen collection. Wait to take the dose until after the specimen has been collected unless otherwise instructed by your healthcare provider.

As a general guideline, many clinicians opt to test patients approximately 8-12 hours following a dose. There are many variables that affect hormone levels with respect to timing of collection including dosing regimen, formulation pharmacokinetics, route of administration, site of administration, length of regimen, patient metabolic individuality, specimen type, etc.

Synthetic, non-bioidentical hormones are not detected by the assays and testing is not recommended for these patients due to questionable clinical utility.

STEP 2

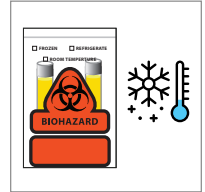
Specimen Collection

1. **Review** instructions and test prep information at gdx.net/activate.
2. Write your **date of birth** (DOB) and the **date of collection** on the labels provided. Attach completed labels to the urine tubes and the letter envelope.



Collect Urine

1. **Collect** your **first morning urination** in to a clean container (a large plastic cup works well). If you wake to urinate during the night, within 6 hours of when you typically wake for the day, collect your urine **in the cup**, refrigerate, then combine with your first morning urination collection.
2. **Stir**, then **transfer** urine from the cup to **each of the two tubes** using the pipette. Continue to add urine until each tube is nearly full.
3. **Recap** the tubes tightly and **shake**.
4. **Return** the tubes and absorbent pad to the biohazard bag and **freeze** for at least 24 hours. The freezer brick must be frozen at least 8 hours.



STEP 3

Return Collection Pack

1. Confirm that each tube has a **completed label attached** with **date of birth** and the **date of collection**. Place the **biohazard bag** with tubes inside the **collection box**.
2. Retain a copy of the **activation number** for future reference **using one of the three labels provided on the bottom of the activation label card**.
3. Visit **gdx.net/activate** to enter the date of your collection. When complete you will receive a **confirmation code**. Write the date of final collection and your confirmation code on the **activation label card** and place inside the box with the biohazard bags.
4. **Close the cardboard box** and place **inside the FedEx shipping bag**. Follow the shipping instructions provided.

