

EstronexSM Profile

Specimen Collection Instructions

This specimen collection kit can be used for the following test(s):

0142 Estronex Profile - Urine

0145 Estronex Profile with Bone Resorption

(Combined tests 0018 & 0142) - Urine

IMPORTANT:

All patient specimens require two unique identifiers (*patient's name and date of birth*), as well as *date of collection*. **Patient's first and last name, date of birth, gender, and date of collection** must be recorded on the **Test Requisition Form** as well as all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.

Specimen

First Morning Urine, 13 ml, frozen

Collection Materials

- Clean collection container
(NOT included in this kit)
- Yellow-cap plastic vial with ascorbic acid preservative
- Disposable pipette

Shipping Materials*

- Absorbent pad
- Ice pack
- Test Requisition Form
- Biohazard bag with side pocket
- Specimen-collection kit box
- Estronex Questionnaire
- FedEx® Clinical Lab Pak and Billable Stamp

**International shipping may vary, please see shipping instructions for more details.*



Call 800.522-4762 or visit our website at www.gdx.net

Please read all instructions carefully before beginning.

Patient Preparation

- It is best to **ship your specimen within 24 hours of collection**. Please refer to the enclosed shipping instructions **before** you collect to determine what days you can ship your specimen.
- **Do not eat** anything for at least 8 hours prior to morning urine collection.
- **It is not necessary** to discontinue nutritional supplements or oral hormones prior to this test. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.
- **Decrease** fluid intake to avoid excessive dilution of the urine.
 - For adults, restrict intake to three 8 oz. glasses in the 24 hours prior to collection.
 - Make sure that no more than 8 oz. of this is consumed after 8:00 PM the evening prior to urine collection.
- **Do not collect** urine during menstruation.
- Vial contains preservative - **Do Not Rinse**.
- **Collection** is preferred on days 18-25 after the start of the menstrual cycle.
- **Follow-up** testing should be done on corresponding days (from initial collection) of the menstrual cycle.
- **Timing** is not important for post-menopausal women.
- **Testing** is not recommended during pregnancy.

Urine Collection

1. **Write** patient's **first and last name, date of birth, gender** and **date of collection** on the Test Requisition Form (located in the pouch on top of the Specimen-Collection Kit Box), as well as on the yellow-cap plastic vial, using a permanent marker.
 - **IMPORTANT:** To ensure accurate test results you **MUST** provide the requested information.
2. **Empty** your bladder before going to bed at night (**DO NOT collect this urine**).
3. **Collect** your first morning urine, after you awaken for the day, into a clean collection container.
4. **Hold** yellow-cap plastic vial up to light to see 13 ml mark. It is about 1/2 inch from the top of the vial. **Pipette** urine, using a fresh disposable pipette, into the yellow-cap plastic vial to the 13 ml mark. (**DO NOT OVERFILL**) **Screw** the cap on tightly.
5. **Dispose** of the remaining urine.
6. **Freeze** the yellow-cap plastic vial and ice pack.

Specimen Preparation

1. **Place** the frozen urine specimen, the frozen ice pack, and the absorbent pad into the biohazard bag.
2. **Staple** payment to the bottom right-hand corner of the completed Test Requisition Form. **Complete** the Estronex questionnaire. **Fold** and **Place** them in the side pocket of the biohazard bag.
3. **Seal** the biohazard bag; **Place** it into the specimen collection kit box and close the box.

Checklist (Prior to Shipping)

1. Vial

- Patient's first and last name, date of birth, gender, and date of collection are written on the vial
- Vial cap is screwed on tightly

2. Frozen

- Yellow-cap plastic vial
- Ice pack

3. Test Requisition Form with Payment

- Test Requisition Form is complete - Test is marked, Patients first and last name, date of birth, gender and date of collection are recorded.
- Estronex questionnaire is complete
- Payment is included