

TEST KIT INSTRUCTIONS

2 & 16 URINARY OESTROGEN METABOLITES

Urine Specimen Collection

TEST KIT INFORMATION

You are about to do a Healthscope Functional Pathology 2 & 16 Urinary Oestrogen Metabolites test, designed so that you can collect specimens in the privacy of your own home. This test requires three (3) urine specimens which are collected at the same time. Please follow the steps below in sequence, and then tick the checklist below when you have completed your test. The test kit instructions contain all the information you need to successfully complete this test.

TEST KIT CONTENTS:

- Three urine specimen tubes
- Plastic dish (for urine collection)
- Plastic pipette (for urine collection)
- Blue towelling (to wrap specimen tubes)
- Clear plastic specimen bag
- Reply Paid Envelope

Note: Specimens must be collected on a Monday, Tuesday or Wednesday to ensure they are returned by post to Healthscope Functional Pathology before the close of business on Friday.

PREPARATION FOR THE TEST

- Fast overnight from 10pm before you collect the morning urine specimen (water may be consumed during this time)
- For women with a regular menstrual cycle urine collection is recommended between days 18-25
- Do not collect urine during menstruation
- Post menopausal women may collect their specimen on any day
- Men may collect their specimen on any day

STEP 1 - URINE COLLECTION

- Take the plastic dish and collect urine from the **first morning void** (i.e. the first time you urinate that morning)
- Take the pipette and fill the three yellow capped tubes **half full** with the urine from the plastic dish. Replace the yellow caps tightly
- Print your name, date of birth and the collection date on the two tubes
- Wrap the tubes in the blue towelling provided, place in the sealed section of the clear plastic specimen bag and seal the bag closed
- Discard any remaining urine and the plastic dish

STEP 2 - RETURNING SPECIMENS TO HEALTHSCOPE FUNCTIONAL PATHOLOGY

- Put the sealed clear plastic specimen bag with the practitioner request form in the unsealed section into the Reply Paid Envelope. Seal it and post immediately. Note: a stamp is not required if posted in Australia
- Urine integrity is maintained at room temperature during delivery to Healthscope Functional Pathology

STEP 3 - PAYMENT

All Healthscope Functional Pathology tests must be prepaid when ordered. A packaging and postage fee applies per order.

- If you have not already paid for this test, payment must be made by attaching a cheque or money order, or enclose Visa or MasterCard details on the practitioner request form
- Enclose your payment with the practitioner request form in the unsealed section of the clear plastic specimen bag

CHECKLIST

Tick each of the following to ensure you have completed this test correctly

- Collect three (3) urine specimens from the first morning void
- Make sure the yellow caps on the urine specimen tubes are secure
- Write your name, date of birth and the date of collection on all the urine specimen tubes
- Wrap the urine specimens in the blue towelling and place in the sealed section of the clear plastic specimen bag
- Write your contact details and any medications you are taking on the **Practitioner Request Form**
- Place the Practitioner Request Form in the unsealed section of the clear plastic specimen bag
- Put the bag into the Reply Paid Envelope and post immediately

Test results will be sent directly to your practitioner. Healthscope Functional Pathology thanks you for taking the time to complete this test carefully.

Frequently Asked Questions (FAQs)

- **What if I have completed my test on a Friday or Saturday?** Store your specimens in the refrigerator and post immediately on Monday
- **What if I forget to collect my specimen from the first morning void?** You will need to wait and do the test the following day. Remember to fast overnight from 10pm
- **I am taking vitamin/mineral supplements. Will this affect the test results?** No. It is not necessary to stop taking supplements to complete this test
- **If I am on prescribed medication will it affect this test?** If you routinely take certain medications you should continue doing so during this test unless instructed otherwise by your practitioner