

# ESTRONEX<sup>SM</sup> PROFILE

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## 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

**0342 ESTRONEX PROFILE NY** - Urine

**0345 ESTRONEX PROFILE WITH BONE RESORPTION NY**

(Combined tests 0018 & 0342) - Urine

### PLEASE NOTE:

*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, 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

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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
- FedEx® Express Clinical Lab Pak and Billable Stamp



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*Please read all instructions carefully before beginning.*

## PATIENT PREPARATION

- It is best to **ship your specimen within 48 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 or less for 24 hours
  - 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, 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.
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. **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, and date of collection are written on 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
  - Payment is included