

## Collection Procedure



**Step 1:** Wash and dry hands with a clean towel prior to touching the urine collection card to prevent contamination.



**Step 2:** Write name, date, collection time and type of sample on the back of the urine collection card.



**Step 3:** Open the urine card cover and fold back from the filter paper. DO NOT touch the filter paper.



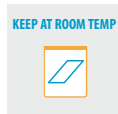
**Step 4:** Saturate the filter paper by collecting urine in a clean cup and dipping the filter paper up to the black dash-line closest to the text 'tuck cover here after drying'.



**Step 5:** Allow to dry for at least 24 hours. Repeat steps 1-5, until you have finished collecting all your samples.



**Step 6:** Once dry, close the flaps of the collection cards (without touching filter paper) and place them into the resealable plastic bag.



**Step 7:** Leave the resealable plastic bag containing your samples at room temperature until you are ready to ship (see 'Shipping Preparation').



**Step 8:** Make sure to note the date and times of each collection on the Test Questionnaire.



## Welcome To Your Test Kit

You have chosen to do a DUTCH Complete Urinary Hormone Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit, you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

## Shipping Preparation

### When to schedule your shipment

Ship your samples as soon as possible. You can ship on any day of the week.

### When you are ready to ship

- Ensure that that you have provided the following information:
  - Test Questionnaire: make sure BOTH sides of the questionnaire are completed.
  - Personal Information Form: make sure the form is completed.
  - Urine Collection Cards: make sure that the information on the cards is correct.
  - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- **Prepare your shipment:**
  - Place the resealable plastic bag, containing the collected samples along with the completed Test Questionnaire and the Personal Information Form into the supplied box.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).



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## Check Your Kit

### Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**these are only included if you are shipping from a non-EU country**)

### Collection Materials

- 1 x Test Questionnaire
- 5 x Urine collection cards in a resealable plastic bag.

If any items are missing or expired, please call +44 (0)1580 201687 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu)

**Please note:** if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

## Preparation

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.
- Test Questionnaire: fill out BOTH sides of the questionnaire.

### When to schedule your collection

- The urine samples for this test are to be collected over TWO days. You must begin on a specific day of your cycle if you are a cycling premenopausal woman (see below).
  - **Cycling Premenopausal Women**
    - Begin collections between days 19 and 22 of a 28-day cycle.
    - For longer cycles, add the number of days you usually go beyond 28 days (Example: collect between days 21 and 23 of a 30-day cycle). Subtract, in a similar manner if your cycles are shorter (Example: collect between days 17 and 20 of a 26-day cycle).
    - If you are irregular it is recommended to use an ovulation kit from your chemist to ascertain the day of ovulation, count six days forward from the day of ovulation and commence the test.
- Do not guess your cycle. If you are not sure how long your cycle is, please use an ovulation kit or observe your next cycle to determine the length.
- Men and non-cycling or postmenopausal women may collect ANY day of the week.
- It is best to collect your samples on relatively 'normal days' i.e. if your sleep is significantly disturbed, you may want to wait for another day before collecting and if you are ill, you should postpone the collection until you are well again.

### Prior to collection

- DO NOT exercise on the days of your collection.
- Avoid caffeine and alcohol intake on the night before and on the collection days.
- Do not drink any fluids two hours before collecting each sample. **Please note:** make sure to generally limit the amount of fluid intake the night before and the days of collection.
- Avoid consuming the following foods as much as possible on the day before AND on the days of collecting your samples:
  - Avocado, bananas, or fava beans.
- **Important:** if you happen to consume some of these foods, please make sure to make a note of it on your Test Questionnaire.

### If you are taking medication and supplements

- Some medication and/or supplements may impact the test results. If you take any of the following, please consult your practitioner:
  - 5-HTP, SAMe, Tyrosine, L-Dopa, D, L-Phenylalanine (DLPA), Macuna, Quercetin and St. John's Wort

### If you are taking hormones

<b>Hormones taken in the morning</b>	Do NOT take until after the 2nd urine collection (sample #4)
<b>Oral Oestrogen, DHEA or Testosterone</b>	Do NOT take on the day before or the day of the test (does not apply to birth control)
<b>Oral Progesterone</b>	Should be taken at bedtime the night before the test
<b>Pregnenolone</b>	Do NOT take for 3 days prior to testing
<b>Hormone Creams and Gels</b>	Can be taken as usual during the test
<b>Patches, Pellets and Injections</b>	Collect midway between doses

## Collection Schedule

Please time your collection according to the schedule below.

**Important:** If you are taking hormones, make sure to carefully read the section 'If you are taking hormones' before collecting your samples.

### Collection Day One

<b>Sample #1</b>	<ul style="list-style-type: none"><li>• Do not drink fluids for 2 hours before collecting.</li><li>• Collect the sample at dinner time - approximately at 5:00 PM before your evening meal.</li><li>• Circle 'dinnertime' on the collection card.</li></ul>
<b>Sample #2</b>	<ul style="list-style-type: none"><li>• Do not drink fluids for 2 hours before collecting.</li><li>• Collect the sample at bedtime, directly before you go to bed.</li><li>• Circle 'bedtime' on the collection card.</li></ul>
<b>Overnight Sample</b>	<ul style="list-style-type: none"><li>• Only collect this sample if you wake up at night to urinate. If you urinate a second time during the night, DO NOT collect.</li><li>• Circle 'extra overnight sample' on the collection card.</li></ul>

### Collection Day Two

<b>Sample #3</b>	<ul style="list-style-type: none"><li>• Collect the sample upon waking (before drinking or eating). Do not lay in bed as this sample must be collected within ten minutes of waking.</li><li>• Circle 'waking' on the collection card.</li><li>• If required only drink 8 oz (230 ml) of fluids between samples #3 and #4 this must be drank immediately after you have collected sample #3 as you must not drink fluids for 2 hours prior to your next sample.</li></ul>
<b>Sample #4</b>	<ul style="list-style-type: none"><li>• Collect the sample 2 hours after waking (Tip: set a 2-hour timer after waking).</li><li>• Do not drink fluids for 2 hours before collecting.</li><li>• Circle '2-Hrs after waking' on the collection card.</li></ul>