

# Returning your specimen to Age Diagnostic Laboratories

- Put the filled monovette into the sealable section of the biohazard specimen transport bag supplied. Ensure air pockets are removed that may have formed in the bag as you sealed it
- Place the completed request form into the non-sealable section of the biohazard specimen transport bag supplied
- Place the biohazard specimen transport bag into the Fedex clinical pak
- Send sample to Age Diagnostic Laboratories (ADL)

*If you are outside of the USA return specimen as per the instructions from your local ADL agent (if applicable).*

## Results

Your healthcare practitioner can expect to receive results 3 weeks after Age Diagnostic Laboratories (ADL) receives the specimen.

Testing should ideally be professionally requested and interpreted. Patient requested tests however are permitted but are intended for informational purposes only.

For further information about this and other tests that are available from Age Diagnostic Laboratories (ADL) please refer to our website:

**[www.adltests.com](http://www.adltests.com)**



## Before you start

### Check the contents of the test kit

- 1x Urine collection bag
- 1x 120ml Screw capped container
- 1x Urine monovette (Urin-Stabilisator)
- 1x Adhesive sticker
- 1x Age Diagnostic Laboratories (ADL) request form
- 1x Specimen collection instructions
- 1x Biohazard specimen transport bag
- 1x Fedex clinical pak

If items are missing or you have any questions regarding the test kit, please contact Age Diagnostic Laboratories (ADL) on 877 983 7863 or contact your local ADL agency.

*Read the enclosed instructions before proceeding.*

## This kit can be used for any of the following tests

- Adrenal Hormone Profile: Level 1,2&3 (Urinary) (1201-1203)
- Aldosterone (Urinary) (24hr) (1204)
- Amino Acids (Urinary) (5004)
- Anabolic/Catabolic Index (Urinary) (1205)
- Androgen Profile (Urinary) (1206)
- Estrogen Metabolite Panel Level 1, 2, 3 & 4 (Urinary) (1207-1210)
- Estrogen Profile (Urinary) (1211)
- Female Hormone Profile (Urinary) (1212)
- Female Hormone Profile - Extensive (Urinary) (1213)
- Growth Hormone (Urinary) (1214)
- Iodine - Random (Urinary) (5016)
- Male Hormone Profile (Urinary) (1215)
- Male Hormone Profile - Extensive (Urinary) (1216)
- Melatonin (Urinary) (1217)
- Osteoporosis Markers (N-Telopeptides) (Urinary) (1218)
- Thyroid Hormone Profile (Urinary) (1219)
- Thyroid Hormone Profile - Extensive (Urinary) (1220)

## Practitioner, payment and testing details

*Complete the ADL request form enclosed.*

*Be sure to complete all patient information and payment options.*

# 24 Hr Urine specimen collection instructions

## To ensure accurate results are provided

### For all tests:

- Do not collect urine during menstruation
- Do not collect urine if you have a urinary tract infection. Wait until it is resolved

- Decrease fluid intake to avoid excessive dilution of the urine (for eg. < 2 Litres)
- Do not perform this test if you have a kidney disorder or are on diuretics

### For the Adrenal Hormone, Anabolic/catabolic Index & Androgen Profile tests:

If you are on any steroid medications (e.g. Prednisone, cortisone cream, inhalers) or herbal products that affect the adrenal glands, we suggest that you discuss with your healthcare practitioner whether you need to discontinue these medications prior to collecting your specimen

**For the Aldosterone Test:** Patients should maintain a normal sodium diet (approximately 3 g/day) for at least two weeks before testing. Low serum potassium levels will suppress aldosterone secretion, therefore correct any known hypokalemia (4-6 weeks prior) before testing if possible. If you are on any steroid medications (eg. Prednisone, cortisone cream, inhalers), herbal products (e.g. licorice) that affect the adrenal glands, spironolactone, drugs that alter sodium, potassium and fluid balance (e.g. diuretics, antihypertensives, oral contraceptives) we suggest that you

discuss with your healthcare practitioner whether you need to discontinue these medications prior to collecting your specimen. For those on hormone medication see the recommendations below

**For the Amino Acids test:** Discontinue all non-essential medications, amino acid supplements, protein powders and any products containing the artificial sweetener aspartame four days prior to specimen collection

### For the Estrogen, Estrogen Metabolite and Female Hormone Profiles:

If you are pre-menopausal it is advisable to collect the sample on day 19-21 of your menstrual cycle (Day 1 is the first day of your menstrual period). Menopausal women can collect the specimen on any day of the month. For those on hormone medication see the recommendations below

### For the Random Iodine Test:

Avoid any medications or supplements containing iodine/iodide 48 hours prior to and during specimen collection if possible including kelp and other sea vegetables. We suggest that you discuss with your healthcare practitioner whether you can discontinue these medications prior to collecting your specimen

**For the Osteoporosis Test:** If you are pre-menopausal it is advisable to collect the sample on day 3-5 of your menstrual cycle (Day 1 is the first day of your menstrual period). Menopausal women can collect the specimen on any day of the month. If you use cyclical hormone medications we suggest that you take note of the day of the cycle that you collect your specimen and be consistent for all follow-up tests.

## Safety Notes

- Avoid contact of the powder in the monovette with your eyes or skin (wash the area thoroughly if this occurs)
- Do not inhale or ingest the powder in the tubes (contact your healthcare practitioner if this occurs)
- Do not remove the powder from the monovette.

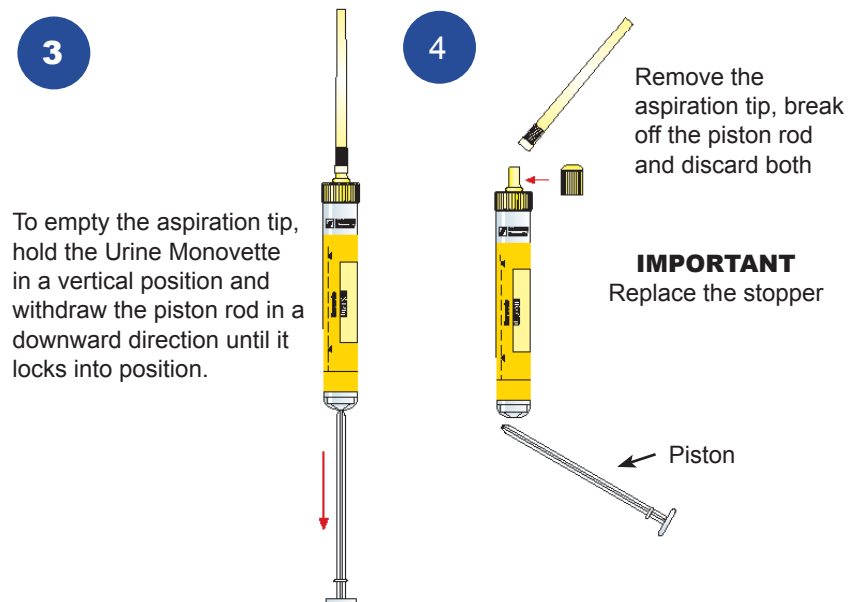
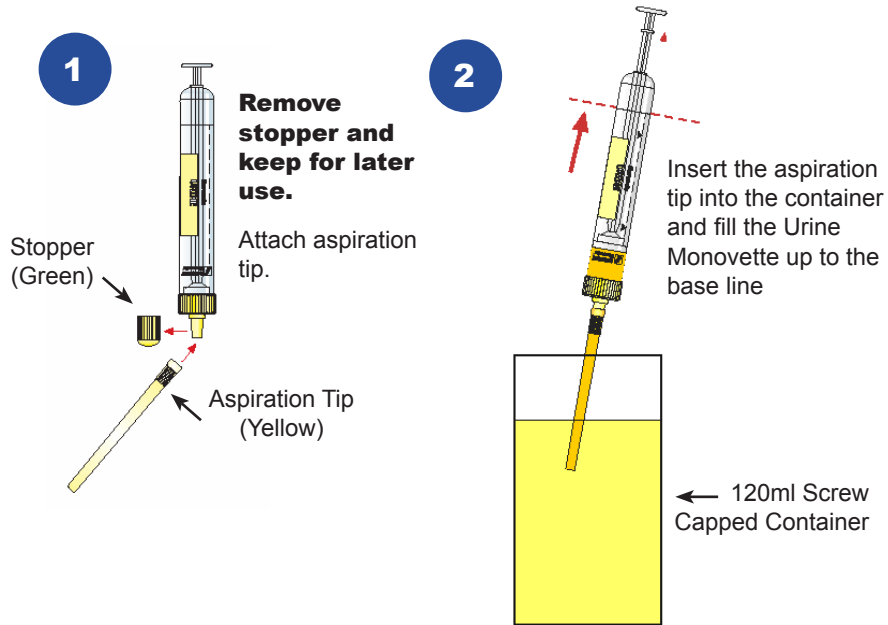
**If you use hormone medications follow the guidelines below unless your healthcare practitioner advises you otherwise:**

- Hormone capsules, creams or troches: Take your medication following your normal daily regime
- Transdermal patches (bi-weekly use): Start your urine specimen collection 1 day after applying the patch
- Transdermal patches (daily use): After emptying the bladder of urine on day 1 of the urine specimen collection, apply the hormone patch
- Vaginal pessaries: Start your urine specimen collection 24 hours after the last pessary. Do not use another pessary during the urine specimen collection.

## Specimen collection

- Commence 24 hour collection by emptying the bladder of urine (preferably first thing in the morning) into the toilet. Note the time as this is the start time of the collection
- Now take any morning medications and supplements unless guided otherwise in the previous section. Take any other medications or supplements throughout the day as guided by your healthcare practitioner. However do not take the morning medications on the following (second) day until after you have completed the 24 hour urine specimen collection
- Collect all urine passed for the next 24 hours, including the first urination of the following (second) morning. All urine should be collected into the collapsible 4 liter urine collection bag
- Indicate on the ADL request form that you have collected a 24 hour urine sample and record the 24 hour urine volume (in mls)
- Mix the urine sample in the collection bag before pouring some of the urine into the 120 ml screw capped container provided
- Peel open the 10 ml green urine monovette (urin-stabilisator)
- Assemble the urine monovette and draw 10 mls of the urine specimen into it following the instructions 1-4 in the diagram provided below. Please note that the white powder must remain in the monovette as a preservative

# Urine Monovette Instructions



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