



Meridian Valley Profile Instructions	Patient Handout
Collection Materials	
<ul style="list-style-type: none"><input type="checkbox"/> 3 large vials<input type="checkbox"/> 3 small vials<input type="checkbox"/> Styrofoam container with ice pack<input type="checkbox"/> Orange collection jug	
Patient Preparation	
<ul style="list-style-type: none"><input type="checkbox"/> Take all hormones as normal the day before the collection. DO NOT take/apply any hormone the day of the collection.<input type="checkbox"/> Avoid flax, flaxseed, borage, and primrose supplements for a week prior to and during the collection.<input type="checkbox"/> Limit fluid intake to 2 liters (68 oz)<input type="checkbox"/> Collection should be done on a day of rest.<input type="checkbox"/> NOTE: Meridian Valley test should be completed the same day as the ZRT Saliva test and Calgary lab tests if these tests are ordered at the same time.<input type="checkbox"/> You should take any hormones as normal the day/night before the collection. But DO NOT take any hormones the day of the test.<input type="checkbox"/> Avoid caffeine, aspirin, alcohol, and vitamin C for 24 hours before and during the urine collection.<input type="checkbox"/> Place the Styrofoam lid in the freezer before the collection to allow the ice pack to freeze.<input type="checkbox"/> Fill out the requisition form and complete the "Hormone Symptom Questionnaire." This is very important! DO NOT miss this step.<ul style="list-style-type: none"><input type="checkbox"/> Please fill out exactly the names of the hormones, dose and the frequency used.	
<p>Complete collection:</p> <ul style="list-style-type: none"><input type="checkbox"/> Men:<ul style="list-style-type: none"><input type="checkbox"/> Complete urine collection any day.<input type="checkbox"/> Women:<ul style="list-style-type: none"><input type="checkbox"/> If following a normal 28 day cycle you should collect your urine on day 19, 20, or 21. If cycle is longer add or subtract the difference in days (ex 30 day cycle, add two days collect on days 21, 22, or 23).<ul style="list-style-type: none"><input type="checkbox"/> Day 1 of your cycle being the first day of bleeding.<input type="checkbox"/> If postmenopausal and taking estrogens and progesterone collect urine once you are on both estrogen and progesterone for at least 5 days.<input type="checkbox"/> If postmenopausal and not taking hormones or taking hormones continuously you may collect on any day.	
Urine Collection	
<p>Please note:</p> <ul style="list-style-type: none"><input type="checkbox"/> Avoid contaminating the urine collection with blood and/or feces. If any contamination occurs discard the urine, rinse the jug, and restart the whole collection over.<input type="checkbox"/> If any specimen is missed during the collection time, discard the urine, rinse the jug, and restart the whole collection over.<input type="checkbox"/> NOTE: If restarting the collection you will no longer have the boric acid tablet in the jug you will need to refrigerate the jug for the entire collection time.<input type="checkbox"/> Make sure the ice pack is in the freezer.<input type="checkbox"/> When you wake up in the morning, empty your bladder completely. DO NOT collect this urine. Record the time on your requisition form. This is the starting time.<input type="checkbox"/> For the next 24 hours collect ALL urine – day and night.<input type="checkbox"/> When you wake up the next morning collect your urine until the exact same time as when you started the day before.<input type="checkbox"/> When the collection is complete record the total volume by using the scale on the outside of the container. Record the volume on the requisition form and on the vials.	

- Secure the lid and shake the collection jug.
- Pour urine into all 6 vials. Fill until the upper line. Label vials with name, date, and total volume.

Shipping the Specimen

- Place all vials in the biohazard bags, and seal the bags.
- Place the bags in the styrofoam container and freeze the vials if not returning to the office immediately.
- Please note: Do not place the lid on the styrofoam container until after the vials have frozen.
- Please make sure that all vials are labeled, the requisition is filled out and the questionnaire is completed.
- Return to the Hoffman Centre as soon as possible.
- If you are shipping the specimen yourself, please make sure that you contact the Hoffman Centre for everything that you will need.
- Please make sure that all of the tubes and the ice pack are frozen before shipping the specimen.
 - The specimen must be sent Monday – Thursday, next day delivery (international), and the waybill and commercial invoice will be supplied. Please note you are not able to ship on Friday.
 - Please keep in mind any Canadian or USA holidays that may cause a delay in shipping.

For any further instruction please feel free to contact us at: 403-206-2333.