

Shipping Preparation

When to schedule your shipment

- Please ship your samples as soon as possible. If you cannot ship your samples the same day you finish your collection, such as over a weekend or holiday, leave plastic tubes in the freezer along with the gel freezer pack until you are ready to ship. **DO NOT** store for more than three days.

When you are ready to ship

- Ensure that you have provided the following information:
 - Plastic tubes: ensure that you have filled in your details on each tube, ensuring that you note the time and date of each collection.
 - Personal Information Form: make sure the form is completed and edit if needed.
 - Patient Survey Form: Please fill in the form on both sides and send it back with your samples.
 - Pro-forma/Commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the polythene bag containing your samples along with the gel freezer pack into the insulated cooler and closed the lid. Place the insulated cooler into the supplied box along with your completed Personal Information Form and Patient Survey.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



Hormone & Urinary Metabolites Assessment Profile(HuMap)

ENG

Welcome To Your Test Kit

You have chosen to do an HuMap 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

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Insulated cooler box with lid (**please keep this box for returning your samples**)
- 1 x Small gel freezer pack
- 1 x Information form
- 1 x Shipping Instruction
- 1 x Patient Survey Form
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma/Commercial Invoices (**only included if you are shipping from a non-EU country**)

Collection Materials

- 5 x Colour coded urine tubes in a polythene bag with an absorbent pad
- 5 x Pipettes
- 1 x Urine collection cup (separate from kit contents)

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email 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.

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Preparation

Before you start your test, please read all of the instructions carefully. Collect urine on days that are determined by you and your provider. We recommend that you adhere to your most common sleep schedule and collect your urine samples as close as possible to the times specified on page 5. Shift workers should adapt the collection times in accordance with sleep. Please refer to the Information Form for more information. This test is intended for ages 12+.

Provide the following information:

- Personal Information Form: verify that the information on the form is correct and edit if needed.
- Patient Survey Form: Please fill in the form on both sides and send it back with your samples.
- Plastic tubes: fill in your details on each tube, ensuring that you note the time and date of each collection.

What days of the month should I collect?

- **Men and post-menopausal women:** collect any day
- **Women with menstrual cycles:** begin the collection between days 19 and 23 of a 28-day cycle, counting the first day of your period as day 1.
- If cycles are irregular, contact your provider for clarity about the timing of your collection.

Recommendations for women and men on hormones:

- **72 hours prior and during collection:** Discontinue oral and sublingual hormones.
- **72 hours prior and during collection:** Do not use hormones vaginally, as this may directly contaminate the urine.
- Other hormones such as topical creams and gels, injectables, and patches can be used on your regular schedule.
- Do not skip doses of oral birth control pills unless instructed by your healthcare provider.
- A baseline hormone level may require supplement usage to stop for a longer period of time. Call your provider with questions.

Additional Recommendations:

- **Cortisol/glucocorticoid supplementation:** Consult with your health care provider if you are taking glucocorticoids. Certain medications such as asthma inhalers and hydrocortisone contain cortisol. To evaluate natural cortisol production, it is recommended to stop cortisol containing products for five days prior to sample collection.
- **24 hours prior and during collection:** avoid alcohol, caffeine, tobacco or nicotine-containing products and strenuous exercise.
- 24 hours prior to and during collection, you may drink normal amounts of fluid (between 6-12 cups/1.5-3L).
- The intent of this collection method is to create a urine test that closely represents a 24-hour collection. With this in mind, we want you to include as much urine as possible that is produced throughout a day and night. During the time period that urine is being collected it is important to collect urine from a full bladder as much as possible. It is more important to get a good representation of urine than it is to collect at a precise time.

Prior to collection

- You **MUST** keep the collection cup and use it for each collection. Rinse out the collection cup with hot water (no soap) and shake out remaining water after each collection.
- Never discontinue prescription medications without first consulting your provider.
- Do not take any supplements until after you have collected all four/five samples.

Collection Schedule:

#1 Dinnertime (orange) (collect into the orange tube)	Collect the first urine sample prior to eating dinner. Try to wait 3-4 hours from your last urination before this first collection. Collect within 1-2 hours prior to eating.
#2 Bedtime (blue) (collect into the blue tube)	Collect the second urine sample prior to going to bed – this should be the last urination for Day 1. Collect one hour prior to going to sleep
Midsleep (grey) (collect into the grey tube)	Collect ONLY if you wake to urinate during your sleep.
#3 Waking (pink) (collect into the pink tube)	Upon waking and rising from bed, collect the waking urine sample within 10 minutes of waking.
#4 Post-waking (green) (collect into the green tube)	Wait at least 2 hours and collect another urine sample within 2-3 hours after waking. If you are unable to urinate, drink a little fluid. Collect 2-4 hours after waking.

WARNING: Vials contain acid preservative which is approximately 25mg Oxalic Acid (commonly found in household cleaning products.) In case of contact with skin or eyes, rinse with plenty of water.

Collection Procedure

Step 1:

Collect a midstream specimen of urine using the collection cup provided. You will reuse the cup so do not dispose of it.

Step 2:

Pipette or pour urine into the properly labeled tube to the “fill line” marked on the tube label. Any remaining urine in the collection cup can be discarded in the toilet. DO NOT urinate directly into the tube, as the tube contains an acid preservative* that may irritate the skin..

Step 3:

Close the tube tightly and and rock gently to mix the urine with the preservative.

Step 4:

Record your name and the date and time of collection on the tube, and on the Personal Information and Patient Survey Forms.

Step 5:

Place the urine tube back into the original plastic bag containing the absorbent pad. Store the urine sample immediately in the freezer with the frozen ice pack until you have collected all samples are ready to ship.

Step 6:

Repeat steps 1-5 for all other samples. Freeze all your samples for at least 4-6 hours (and keep them frozen until you are ready to ship).