



## SAMPLING METHODS

### 2-16 OH-ESTRONE



#### IMPORTANT

IF YOU HAVE DIFFERENT TYPES OF SAMPLE TO TAKE, THE BLOOD SAMPLE SHOULD ALWAYS BE TAKEN LAST.

#### EQUIPMENT

To take this sample, we provide:

- 1 clean collection container (not provided).
- 1 green capped jar (provided).



#### IMPORTANT

- The provided collection jar can not be rinsed.

It contains a white powder essential for the analysis.

- To help your health practitioner.

Urine can be collected at any time during the cycle (follicular phase = pre-ovulation / ovulatory phase / luteal phase = post-ovulation). Please write down the time of cycle when you collect your urine. This will allow a more accurate interpretation of your results.

*BEFORE TAKING YOUR SAMPLE: Please ask your doctor to find out whether your current treatment (medication, dietary supplement, etc.) should be temporarily suspended.*



## STEP 1



Write down on the label of the provided jar : your last name, first name and date of birth.

## STEP 2



Wash your hands thoroughly.

## STEP 3



Collect your first urine of the morning in the clean container you prepared.

## STEP 4



Open the provided jar and transfer the collected urine to fill it.

## STEP 5



Close the collection jar tightly. Place it in the provided plastic bag for this purpose.