

## Urine Collection Information Sheet

### Urine collection

- We will be collecting a urine specimen, using procedures similar to those used in doctors' offices.
- We will ask you to urinate into a small plastic cup. You do not need to fill the cup, but we hope that you will be able to fill the cup at least half full.
- We will be measuring phytoestrogens, plant-based chemicals that may be there as a result of eating certain foods such as soy and flaxseed.
- We will also measure creatinine to determine the concentration of your urine.

Public reporting burden for this collection of information is estimated to average 3 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. **An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number.** Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974.