

# Collection Instructions

**TAKING  
HORMONES?**  
See back panel

**The Fertility Profile includes the following tests:**

- ▶ FSH, LH, and SHBG (blood spot)
- ▶ Sex Hormones — Estradiol, Progesterone, Testosterone (blood spot)
- ▶ Adrenal Hormones — DHEA-S (blood spot) and Cortisol x 4 (saliva)
- ▶ Thyroid Profile — TSH, Free T4, Free T3, TPO antibodies (blood spot)

**We strongly recommend you view our quick videos on how to best collect a sample at [www.salivavideo.com](http://www.salivavideo.com), [www.bloodspotvideo.com](http://www.bloodspotvideo.com) or at [www.zrtlab.com](http://www.zrtlab.com).**

**Hormone Users:** See the “Hormone Users’ Guide to Sample Collection” on the back panel for additional instructions.

## **Prepare for Collection:**

- ▶ Do not use lip products on day of saliva collection.
- ▶ Do NOT eat, drink (except water), or brush teeth at least 2 hours prior to collection.
- ▶ Lay out the kit contents.
- ▶ **IMPORTANT:** Print name, date, and time on collection devices where indicated prior to collecting the sample.
- ▶ Wash and dry hands with clean towel.

**DISCLAIMER:** ZRT Laboratory is a testing facility only, and does not diagnose, treat, or recommend treatment for medical conditions.

*Innovating Hormone Testing*  
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 **ZRT  
LABORATORY**

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# Collection Considerations & Timing

Review collection guidelines below for collection timing. We strongly recommend you view our quick videos on how to best collect a sample at [www.zrtlab.com](http://www.zrtlab.com).

- ▶ If your cycles are irregularly short (less than 19 days) or long (>40 days) talk to your doctor or call the lab for assistance.
- ▶ If you have had no cycles for at least 2 months — you may collect any day of the month and all samples can be collected on the same day.
- ▶ It is okay to do this testing while using ovulation stimulants, please note usage in the Hormone/Medication Section of the Test Requisition.

Please collect samples in the order listed below. Start your collection on day 3-4 for optimal specimen quality. Failure to collect the sample properly will decrease the clinical usefulness of your testing.

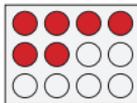
January 2013						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## FIRST COLLECTION

### Day 3-4 of Menstrual Cycle

(Day 1= First day of period)

Collect blood spot - fill 6 circles



January 2013						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

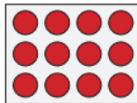
## SECOND COLLECTION

### Day 19-21 of Menstrual Cycle

(Day 1= First day of period)

Collect all 4 saliva samples on the same day  
Collect morning saliva in large tube prior to blood spot collection.

Collect blood spot - fill 12 circles



# Saliva Collection

www.salivavideo.com



## SALIVA Collection Time:

- ▶ Collect large tube in morning within 30 min. of waking (no food/drink)
- ▶ Collect a small tube at noon, before lunch
- ▶ Collect a small tube just before dinner
- ▶ Collect the last small tube at bedtime

**IMPORTANT:** Do NOT eat, drink (except water), or brush teeth for at least two hours prior to collection. Do not use lip products the day of collection.

1. Rinse mouth with water about 5 minutes prior to collection.
2. Begin collecting saliva by allowing it to pool in mouth and then transfer into the tube.
3. Fill tube at least  $\frac{1}{2}$  full. Collection usually takes 5-30 minutes depending on saliva flow.
4. When done, cap the tube and place back into the plastic baggie.
5. Repeat steps 1-4 for additional noon, evening, night collection.

**NOTE:** Not all tests require the use of four tubes. You may return unused tube(s) with your sample(s). To determine which of the tubes to use please refer to chart above.

**TIPS:** Dry mouth? Try pressing tip of tongue against teeth. Smelling (not eating) a lemon or other food can start saliva flow. Yawning can help too.

Mistake Collecting? Just rinse out the entire tube with hot water, no soap, shake out remaining water, and start over.

*See "Complete Paperwork" panel for final steps.*

# Blood Spot Collection

[www.bloodspotvideo.com](http://www.bloodspotvideo.com)



Collect on a flat surface such as a table

Collect sample in the morning within 30 minutes of waking, and before eating or drinking anything (except water).

If you are testing blood lipids or other CardioMetabolic Profile tests (e.g. insulin) you will need to fast (no food or drink other than water) 10-12 hours overnight before collecting in the morning.

If you are testing FSH for fertility reasons, collect on day 3 of menstrual cycle.

1. Tape filter card flat (below waist level) with flap hanging down and away from collection filter strip (note: back of flap should not be touching filter strip).
2. Open the alcohol prep pad and sterile gauze.
3. Select finger (middle or ring finger of non-dominant hand is best).
4. Wipe finger with alcohol prep pad & allow to dry for 15-30 seconds.
5. Twist cap off lancet and press small white section firmly against the side of finger tip until lancet clicks.
6. Quickly wipe away the first blood drop with the sterile gauze pad.
7. Position finger over circle of blood spot card and gently milk (don't squeeze) blood from the finger.
8. As blood drop forms and is ready to fall, touch it to the center of the circle (one drop per circle); continue collection until all circles have been filled.
9. When finished, blot finger with gauze then apply bandage.
10. Leave blood spot card open to dry - minimum 30 minutes.
11. Once blood sample is dry, close flap and place in the plastic box.



**TIPS:** Collect so that your hand is below your waist, allowing gravity to assist with blood flow.

To encourage blood flow before nicking finger, rub hands together/swing arm and/or run hand under warm water.

See "Complete Paperwork" panel for final steps.

# Complete Paperwork and Send Samples to Lab



1. Complete all relevant sections on the Test Requisition.
  - Collection date & time(s)
  - Hormone & supplement usage  
Please list any prescription or compounded hormones, including thyroid medication; please list all supplements i.e. Iodoral, Vitamin D, Progesterone, Clomid
  - Symptoms
  - Tests requested (unless premarked on paperwork)
  - Payment information
  - Signature
2. Place all samples, test requisition and any other paperwork **INSIDE** the plastic test kit box; snap test kit lid shut.
3. Place entire test kit box inside the return packaging.
4. Affix the prepaid label or postage if required.
5. Return using the appropriate carrier.

## IMPORTANT:

SALIVA SAMPLES should be sent as soon as possible after collection and will remain stable under average shipping conditions. If sample(s) will not be sent the day of collection, please store in the freezer and note dates in Section 5 of the Test Requisition.

DRIED BLOOD SPOT samples should be kept at room temperature.

# Hormone Users' Guide to Saliva & Blood Spot Collection

You do NOT need to stop current hormone therapy prior to collection. Continue to use your hormones as prescribed. Please follow chart below for optimal timing of collection.

HORMONE TYPE	COLLECT SAMPLE
<b>Topicals</b> (gels, creams, sprays, vaginal)	12-24 hours AFTER last dose
<b>Pills</b> (progesterone)	6-24 hours (optimally 6-10 hours AFTER last dose)
<b>Pills</b> (all other hormones)	12-24 hours AFTER last dose
<b>Sublinguals/Troches BLOOD SPOT</b>	6-10 hours AFTER last dose
<b>Sublinguals/Troches SALIVA</b>	NOT recommended to test in saliva
<b>Patches</b>	1-2 days AFTER applying patch
<b>Injections/Pellets</b>	Midpoint between injection/pellet inserts
<b>7-Keto Dhea</b> (Not regular DHEA)	72 hours AFTER last dose
<b>The following also qualify as hormones (collect as above):</b>	
<ul style="list-style-type: none"><li>• Birth control</li><li>• Melatonin</li><li>• Creams containing pregnenolone and/or placental derivatives</li><li>• Anti-inflammatory steroid creams/inhalers/oral medications (e.g. hydrocortisone, prednisone, betamethasone)</li></ul>	

If you collect outside the recommended time frame above, this may result in hormone levels lower or higher than ZRT reference ranges for hormone users.

**Topical Hormone Users** should follow the instructions below to avoid direct contamination of sample during collection.

- ▶ Do NOT use bare hands for topical hormone application for at least two days prior to collection (apply hormones using latex gloves or preferably hormone-loaded syringe or applicator).
- ▶ Do NOT apply hormones to face or neck the night before collection- apply to areas that can be covered by clothing to avoid transfer of hormones from fingers to face, lips, or mouth.
- ▶ Just before collecting sample, wash and dry hands with soap and clean towel and, thereafter, avoid touching bathroom faucets, door handles, towels, or soap that might be contaminated with traces of topical hormone creams or gels.