

# Collection Instructions

**TAKING  
HORMONES?**  
See inside panel

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).

**NOTE:** The Weight Management Profile requires 12 hours of fasting prior to sample collection for accurate insulin results.

## Collection Guidelines

WOMEN	COLLECT
<b>Regular Periods</b>	Day 19, 20, or 21 of cycle (first day of bleeding = day 1)
<b>Irregular Periods</b>	Collect when not bleeding (5 days before expected period)
<b>No Periods</b> and/or women testing only Cortisol or DHEA-S	Any day of the month
<b>MEN</b>	Any day of the month

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

### Prepare for 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.

Test Results: Completion of the hormone tests typically takes about 3-5 days from the date ZRT receives your sample. Test results are returned to the health care provider who ordered them; you may obtain a copy there.

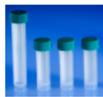
**DISCLAIMER:** ZRT Laboratory is a testing facility only, and does not diagnose, treat, or recommend treatment for medical conditions.

*Innovating Hormone Testing*  
866.600.1636 | [info@zrtlab.com](mailto:info@zrtlab.com) | [zrtlab.com](http://zrtlab.com)

 **ZRT**  
LABORATORY

# Saliva Collection

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



## When testing the Weight Management Profile:

- ▶ Collect large tube in the 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 2 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-then transfer into 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.

**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.

# Blood Spot Collection

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



**Following a minimum 12 hours of fasting, collect sample in the morning within 30 minutes of waking, and before eating or drinking anything (except water).**

**Collect on a flat surface such as a table**

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.

# 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 and diabetes medication; please list all supplements (i.e. Iodoral, Vitamin D, Pregnenolone, 7-keto DHEA)
  - Symptoms
  - Tests requested (unless pre-marked 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 and Blood Spot samples should be sent as soon as possible after collection and will remain stable under average shipping conditions.

# 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.

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