

Collection Instructions

**TAKING
HORMONES?**
See back panel

This Collection Instructions booklet is for all testing methods (saliva, dried blood spot, dried urine) offered by ZRT Laboratory. Please follow the section of instructions for the specific tests you've selected.

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.

Collection Guidelines (when testing E2, Pg, T)

| WOMEN | COLLECT |
|--------------------------|---|
| Regular Periods | Day 19, 20, or 21 of cycle (first day of bleeding = day 1) |
| Irregular Periods | Collect when not bleeding (or 5 days before expected period) |
| No Periods | Any day of the month |
| MEN | Any day of the month |

Hormone Users: See the "Hormone Users' Guide to Saliva & Blood Spot Collection" on the back panel for additional instructions.

Prepare for Collection:

- ▶ Lay out the kit contents.
- ▶ **IMPORTANT:** Print name, date, and time on collection tubes and cards 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.

Local UK Contact www.regeneruslabs.com



Saliva Collection

www.salivavideo.com



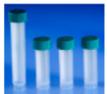
ALL TESTERS: collect the large tube in the morning within 30 min. of waking, and before eating or drinking anything (except water).

Not all tests require multiple samples.



If testing AM/PM Cortisol or Female/Male Saliva Profile II:

- ▶ Collect large tube in morning within 30 min. of waking (no food/drink)
- ▶ Collect the small tube at bedtime



If testing Diurnal Cortisol, Female/Male Saliva Profile III, or any Comprehensive or Fertility Profiles:

- ▶ 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 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 and then transfer into the tube.
3. Fill tube at least ½ 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



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.

Urine Collection

www.urinevideo.com



These instructions are NOT for Urine Steroid Hormone Metabolites - see separate instructions.

Collect your first-morning sample immediately upon waking.

Collect your second sample just before bed.

1. Open the cover and fold back and away from the filter paper, holding it between your thumb and index finger. Do NOT touch the filter paper.
2. Saturate the filter strip either by urinating directly on it OR by first collecting urine in a clean cup and dipping the filter paper up to the black dash-line.
3. With the cover slip folded back and away from the urine-saturated filter, either hang on a towel rack at the crease, or insert the cover slip between a surface (e.g. table) and an object (e.g. book, glass) with the filter sticking out.
4. Allow to dry at least 4 hours (optimal overnight).
5. Repeat for night collection.
6. Next morning close flaps of both samples (without touching filter paper) and place in the plastic baggie.

See Diet Considerations below before testing

See "Complete Paperwork" panel for final steps.

DIET & SUPPLEMENT CONSIDERATIONS WHEN TESTING IODINE AND/OR SELENIUM

We will be testing your iodine and/or selenium levels in the morning and at night. You DO NOT need to change your regular diet or stop taking supplements that contain iodine or selenium. If you take iodine and/or selenium supplements (e.g. Iodoral, multi-vitamin) daily we recommend you continue to take them as usual while collecting your urine samples. If you eat high iodine and selenium-containing foods or take iodine and/or selenium-containing supplements only periodically, we recommend you avoid them the day before and during your urine collection, as this will better reflect your average daily iodine intake. Foods highest in iodine include seafood, seaweed (kelp) and dairy products. Foods highest in selenium include brazil nuts.

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

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.