

# FITNESS METRICS

## Testing Instructions

### 1 Choose Your Collection Day

Read all instructions thoroughly and decide the ideal day for you to test. Mark it on your calendar.

#### Men, Children & Non-Menstruating Women

- ▶ Collect any day of the month.

#### Menstruating Women

- ▶ Regular Cycles: Collect on day 19, 20 or 21 of the menstrual cycle. (Day 1 = first day of your period.)
- ▶ Irregular Cycles: If you know when your period will start, choose 5 days before.
- ▶ Unpredictable: Collect any day when not bleeding.



View the collection video at [www.zrtlab.com](http://www.zrtlab.com)

### 2 Hormone Users *skip this step if not using hormones*

- ▶ **Topical, Oral, Troche or Sublingual Therapies:** The day before testing, continue use of hormones as prescribed. Make sure any night dosage is applied at least 12 hours before planned morning collection. For example, dose before 8pm for an 8am collection. If using oral progesterone, your dosage can be right before bed.

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). Change sheets, pillow cases and hand towels the night before collecting. Avoid touching bathroom surfaces which may be contaminated with traces of hormones.

- ▶ **Patches, Vaginal Rings, Pellets or Injectables:** Test half-way between doses. For example, collect 3 days after a once-a-week patch, or 2 weeks after a once-a-month injection.
- ▶ **7-Keto DHEA:** Avoid for 3 days prior to collecting. Does not apply to regular DHEA.
- ▶ **Steroids (e.g. glucocorticoids, hydrocortisone, prednisone):** Talk to your health care provider about appropriate timing.

### 3 Prepare for Collection

- ▶ Avoid anti-aging/anti-wrinkle facial creams for 3 days prior to testing as they may contain undisclosed hormones.
- ▶ ZRT recommends fasting (no food or drink other than water) 10-12 hours overnight before collecting in the morning.

## 4 Collect Samples

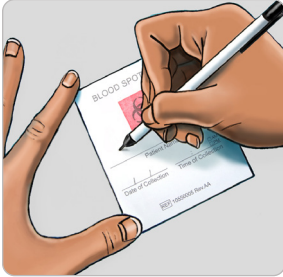
### Important

Samples that do not meet criteria below may not be usable for testing. Each blood spot must:

- Soak through the collection card so that blood shows through on the back.
- Be spherical and fill as much of the circle as possible.
- Contain one drop per circle, no overlapping.

UNACCEPTABLE

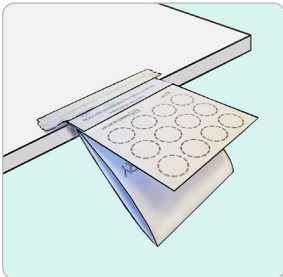
ACCEPTABLE



### STEP 1

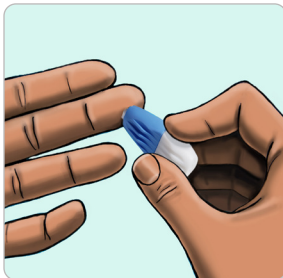
Collect blood sample within 1 hour of waking. **Wash hands with soap and water.** Use a clean towel to dry hands. Make sure hands are warm and circulation is going. Write your name, the date and time of collection on the card prior to collecting.

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



### STEP 2

Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Tape card to a flat surface like a table, below heart at about waist level. Open the alcohol prep pad and sterile gauze. Select finger. Middle or ring finger of non-dominant hand is recommended.



### STEP 3

Wipe finger with alcohol prep pad and allow to air dry. Twist cap off lancet and press small white section firmly against the side of finger pad until lancet clicks. Wipe away the first blood drop with gauze.

### STEP 4

Position finger over circle of blood spot card and gently milk (don't squeeze) blood from the finger. Collect so that your hand is below your waist, allowing gravity to assist with blood flow.

**Tip:** Squeeze arm from elbow to base of finger.



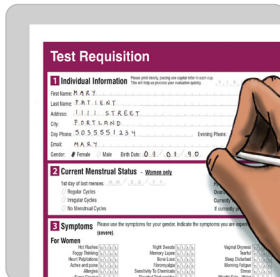
### STEP 5

As blood drop forms and is ready to fall, touch the drop onto the center of the circle (one drop per circle). Continue collection, preferably until all circles have been filled – but it is more important to have several good sized spots than to fill all the circles. When finished, apply bandage.

### STEP 6

Leave blood spot card open to dry – minimum 4 hours. Once sample is dry, close cover. Store card in a cool, dry location away from direct sunlight until it is shipped.

## 5 Finish & Send



### STEP 1

Complete all paperwork. Make sure all sections are filled in and your form is signed.



### STEP 2

Place the sample, the Test Requisition form and any additional paperwork back into the plastic test kit box.

Make sure to include payment (if applicable).

Snap test kit lid shut.



### STEP 3

Place the entire test kit box inside the return packaging. Affix the prepaid label or postage if applicable. Return using the appropriate carrier.

Samples will remain stable under average shipping conditions, including over weekends and holidays.