

Blood Spot Testing

Please read all instructions prior to collection

**TAKING
HORMONES?**
See back panel

To ensure the accuracy of your test results, first review the collection chart (right) to determine when you collect your sample. Then follow the easy steps illustrated inside. Large print instructions available at zrtlab.com, and video at bloodspotvideo.com and/or zrtlab.com.

COLLECT	
Regular Periods	Day 19, 20, or 21 of cycle (first day of bleeding = day 1)
Irregular Periods	Collect when not bleeding (closest to days 19, 20, or 21 - call lab for help)
No Periods	Any day of the month
MEN COLLECT	
Any day of the month	

NOTE: If testing Estradiol, Progesterone, or Testosterone follow the chart above, otherwise collection can take place any day.

Pre-test Guidelines

- ▶ **If testing CardioMetabolic Markers** you must fast (no food or drink other than water) for at least 12 hours prior to collection.
- ▶ **If testing FSH for fertility reasons**, collect on day three of the menstrual cycle.
- ▶ **All testers**, before collection, should be well hydrated.
- ▶ **Find a flat surface** to collect and lay out the kit contents.

Collection Time

- ▶ Collect your sample in the morning, within 30 minutes after waking, and before eating or drinking anything (except water).
- ▶ Allow extra time to collect (about 10 minutes to collect sample).

LABORATORY TESTING MADE SIMPLE
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ZRT Laboratory

1 PREPARE CONTENTS



1. Lay out the kit contents.
2. Print name, date, and time on blood spot card.
3. Open the flap of the blood spot card, fold it back under the collection circles, and tape the card as shown to the edge of a table or counter top (below waist level).
4. Wash hands with soap and *warm water*.

5. Dry hands with **CLEAN** towel.
6. Select finger to draw blood from (middle or ring finger of non-dominant hand is best).
7. Prep finger with the alcohol prep pad, allow to dry.

NOTE: To encourage blood flow, before nicking finger you can rub hands together and/or run hand under warm water.

2 NICK FINGER



1. Remove clear cap from lancet and position the red end against the fingertip, nick finger off center, not in the middle of your fingertip.
2. Press firmly until lancet clicks.
3. Quickly wipe away the first blood drop with the sterile gauze pad.

TIPS: Collect so that your hand is below your waist, allowing gravity to assist with blood flow. If blood stops flowing before you are finished, use the sterile gauze pad to firmly wipe nick to start blood flowing again.

NOTE: A heel-stick is recommended for infants

3 PLACE DROPS



1. Position nicked finger over circle of blood spot card and gently milk blood from the palm to the tip of the fingers.
2. As blood drop forms, and it is ready to fall, touch it to the center of the circle.
3. Do not touch filter paper with finger or smear drops onto card.
4. Move to the next empty circle and continue collection.

5. Collection in all 12 circles is preferred, especially if more than six tests are requested.
6. When finished, apply bandage to finger.

NOTE: Do not overlap blood spots. Only one drop per circle. Make sure blood penetrates the filter paper.

4 COMPLETE PAPERWORK



1. Leave blood spot card open to dry, minimum 30 minutes.
2. Once dry, close flap.
3. Complete ALL sections on the Test Requisition.
 - Collection time
 - Collection date
 - Hormone usage
 - Hormones to be tested (unless pre-marked on paperwork)
 - Symptoms
 - Payment information

4. Place blood spot card, test requisition and any other paperwork **INSIDE** the test kit box, snap test kit lid shut.
5. Place entire test kit box inside the return packaging.
6. Affix the prepaid label or postage if required.
7. Return using the appropriate carrier.

Hormone Users Special Instructions

You do NOT need to stop current hormone therapy before testing

Night Before Collection

- ▶ To avoid contaminating sample* use clean pillowcases, towels, etc.
- ▶ Topical hormones users - rub in without using fingers (e.g. wrist to wrist as shown) for at least two days prior to collection.
- ▶ Skip use of anti-aging creams that may contain hormone traces.



*Contamination of sample occurs when topical hormones are present on skin or other surfaces (e.g. faucets, doorknobs) and enter the blood during collection.

Hormone Users Collection Chart

Testing is recommended to monitor hormone levels with supplementation.
(You need to be on hormone therapy at least two weeks prior to collection.)

HORMONE TYPE	WHEN TO COLLECT SAMPLE
Pills, Gels, Creams, Sprays (Oral, Sublingual, Topical, Vaginal)	12-24 hours AFTER last dose
Patches	Weekly/Bi-weekly: At midpoint between applying patches Daily: 12-24 hours AFTER applying patch
Injections	At midpoint between injections
7-Keto DHEA (not standard DHEA)	3-5 days after last dose
THE FOLLOWING ALSO QUALIFY AS HORMONES (not limited to): Contraceptives, melatonin, cortisol, hydrocortisone, creams containing pregnenolone and/or placental derivatives. Collect as above.	

Test Results

Completion of hormone test results typically takes 5-7 days from the date our lab receives your sample. Test results are returned to the Health Care Provider who ordered the test; you may obtain copies there. Results are individually reviewed and contain descriptive comments added by licensed clinicians on staff. ZRT Laboratory recommends that you discuss test results with your Health Care Provider.

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