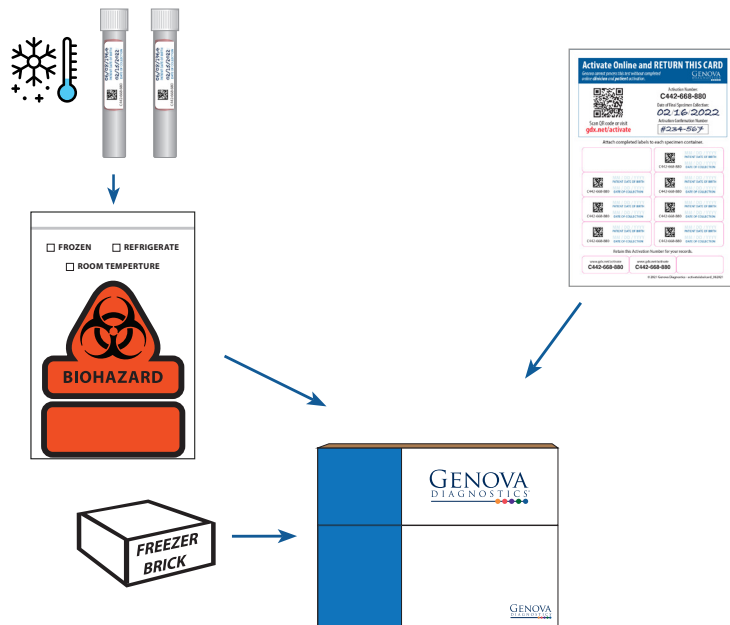


STEP 3

Return Collection Pack

1. **Freeze** the enclosed freezer brick a **minimum of 8 hours before shipping**. Confirm that the tube has a **completed label attached** with patient's **date of birth** and the **date of collection**. Place the freezer brick and biohazard bag with **frozen tube** inside the cardboard box.
2. Visit gdx.net/mygdx to enter the date of final collection and receive a **confirmation code**. Write the date of final collection and the confirmation code on the **activation label card** and place on top of the foam insert.
3. Retain a copy of the activation number for future reference using one of the three labels provided on the bottom of the activation label card.
4. **Close** the **cardboard box** and place **inside the FedEx shipping bag**. Follow the shipping instructions provided.



Additional resources are available online at gdx.net/tests/prep.

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Provider Guide



Hormonal Health #4000

BEFORE YOU BEGIN

Ordering Physicians

Visit gdx.net/mygdx to order and activate this test using the activation number on the included label card.

STEP 1

Help Patients Plan for Collection

Ship Monday thru Friday and avoid US holidays which may cause delays. Review full clinical guidelines at gdx.net/tests/prep.

Prior to Testing

Certain medications may influence results, however there are no known interfering medications. Discontinuing medications is at the discretion of the physician. Visit the test prep page for more detailed information on medications and supplements.

Premenopausal Women

If the goal is to evaluate ovulatory function, collect specimens between days 19 and 25 of the menstrual cycle.

STEP 1 (Continued from previous page)

Plan Your Patient's Collection

Peri/Menopausal Women and Males

Collect specimens on any day.

Patients on Hormone Therapies

Do not take hormones immediately prior to the morning specimen collection. Wait to take the dose until after the specimen has been collected unless otherwise instructed by your healthcare provider.

As a general guideline, many clinicians opt to test patients approximately 8-12 hours following a dose. There are many variables that affect hormone levels with respect to timing of collection including dosing regimen, formulation pharmacokinetics, route of administration, site of administration, length of regimen, patient metabolic individuality, specimen type, etc.

Synthetic, non-bioidentical hormones are not detected by the assays and testing is not recommended for these patients due to questionable clinical utility.

STEP 2

Specimen Collection



1. Write patient's **date of birth** (DOB) and the **date of collection** on a label provided. Attach the completed label to the **tube** being returned to the lab.



Blood Draw and Processing

1. **Clean the skin** thoroughly with isopropyl alcohol before venipuncture.
2. **Draw blood.**
3. **Prepare blood** using bench chart. Specimens must be received at the lab **within 48 hours** of collection. Specimens must be stored frozen until packaged for shipping.

Benchchart

DISCARD AFTER TRANSFER	LABEL AND RETURN TO LAB
 Red SST Tiger-top Tubes Clot for 15 min. while standing in a rack Centrifuge 15 min. at 3000 RPM Transfer serum to amber transfer tube Freeze at least 2 hours prior to shipping and keep frozen until ready to ship	 FREEZE Transfer Tubes Freeze immediately in the bubble wrap bag. Sample must be frozen a minimum of 2 hours prior to shipping. Keep samples frozen until ready to ship