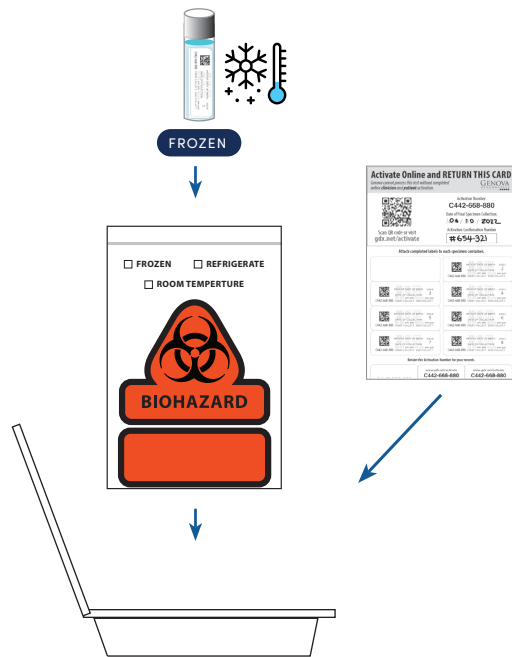


STEP 3

Return Collection Pack

1. Confirm that the tube has a **completed label attached** with **date of birth, collection start time, and the date of collection**. Place the biohazard bag with **frozen tube** inside the **container**.
2. 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**.
3. **Visit gdx.net/activate** to enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card**. Place the **activation card inside** the box.
4. **Close the cardboard box** and **place** inside the **FedEx shipping bag**. Follow the shipping instructions provided.



Additional resources are available online.
Visit gdx.net/activate and enter your activation number.

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Patient Guide



Menopause Check Plus #4104*

*Not Available in New York

BEFORE YOU BEGIN

Activate This Test

Visit gdx.net/activate and enter the number found on the included activation label card.



STEP 1

Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays.

Prior to Testing

Certain medications may influence results, however there are no known interfering medications. Do not change use of medications unless instructed to do so by your healthcare provider.

If you have difficulty producing enough saliva for the tube, press the tip of your tongue against your teeth. Yawning, imagining sour or flavorful foods, or smelling flavorful foods can also generate saliva.

One Hour Before Testing

One hour prior to collection do not eat, brush or floss teeth, use mouthwash, lip balm, chew gum or use any tobacco products; you may drink **ONLY** water during this time.

STEP 1 *(Continued from previous page)*

Plan Your Collection

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. **Review** instructions and test prep information at gdx.net/activate.
2. Write your **date of birth (DOB)**, **collection start time** (*end collection time is not required for this testing*), and the **date of collection** on the labels provided. Attach completed label to the saliva tube.



Collect Saliva

1. Collect saliva between **7:00 AM and 9:00 AM**.
2. When ready to collect the saliva, **rinse your mouth with drinking water**. Spit out the water completely, and **do not cough or clear your throat** into the collection tube. **Discard** the saliva **if there is visible blood** and **collect** when there is **no bleeding**. The **tube can be rinsed and reused**.
3. **Fill the collection tube to the designated level**. To reduce a foamy saliva collection, tap the tube on a hard surface. Insufficient saliva samples cannot be processed.
4. **Replace the cap** tightly to avoid leakage. Place the filled tube into the biohazard bag and **freeze immediately**. Sample must be frozen a minimum of 2 hours prior to shipping. **Keep sample frozen until ready to ship**.

