

# Patient Guide



Menopause Plus #4100\*

Add-on Cortisol Awakening Response (CAR) #4309\*

\*Not Available in New York

## BEFORE YOU BEGIN

# Activate This Test

Visit [gdx.net/activate](https://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 collection. Ship Monday thru Friday, avoid US holidays, and plan to return specimens within 24 hours of final collection.

### 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, chewing gum or any tobacco products; you may drink **ONLY** water during this time.

*Continued on next page*

**STEP 1** (Continued from previous page)

## Plan Your Collection

### Premenopausal Women

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

### 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.

### Night of Final Collection

**After your Day 6 Collection**, prior to your 2:30AM - 3:30AM collection, place your collection tube (with a completed label) at your bedside, along with a glass of water and a low level light. Do not turn on a bright light, it will cause your melatonin level to drop.

**STEP 2**

## Specimen Collection

1. **Review** instructions and test prep information at [gdx.net/activate](https://gdx.net/activate).
2. Write your **date of birth** (DOB), **collection start time** and **collection stop time** and the **date of collection** on the labels provided. Attach completed label to the saliva tube.



## Collect Saliva

1. Refer to the chart at right for when to begin saliva collection. If collecting for the **Cortisol Awakening Response** add-on testing, plan to wake at **6:00AM for the Day 6 Collection**.
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. Use the tubes **in order** starting with Tube 1. Fill the collection tube to the **designated level**. Reduce foam in the collection by tapping the tube on a hard surface. Insufficient saliva samples cannot be processed.
4. **Replace the cap** tightly to avoid leakage. Record collection start and stop times on the tube label.
5. Place the filled tubes into the biohazard bag and **freeze immediately**. Samples must be frozen a minimum of 2 hours prior to shipping. **Keep sample frozen until ready to ship.**
6. **Repeat these steps for each sample** according to the Specimen Collection Chart.



Activate this test online at [gdx.net/activate](https://gdx.net/activate) and note the name of the test ordered. Pay close attention to the collection times and amount of saliva required. Failure to do so may cause samples to be rejected or alter results.

**Menopause Plus:** Use labels 1 - 8 for your collection tubes.

**Menopause Plus with Cortisol Awakening Response (CAR):** Use labels 1 - 10 for collection tubes.

SPECIMEN COLLECTION CHART					
SPECIMEN INTERVALS	Days 1, 3, and 5 Collection			Day 6 Collection Menopause Plus	Day 6 Collection Menopause Plus with CAR
	Day 1	Day 3	Day 5		
Collect Immediately upon waking Collect sample within 5 minutes					1ml
Collect 30 minutes after waking Collect sample within 5 minutes					1ml
Collect between 7:00AM and 9:00AM	3ml	3ml	3ml	3ml	3ml
Collect between 11:00AM and 1:00PM				3ml	3ml
Collect between 3:00PM and 5:00PM				3ml	3ml
Collect between 10:00pm and 12:00AM				3ml	3ml
Collect between 2:30am and 3:30AM				3ml	3ml

### STEP 3

## Return Collection Pack

1. Confirm each tube has a **completed label attached** with **date of birth, date of collection, collection start time, and collection stop time**. Place the biohazard bag with tubes inside the **collection box**.
2. Retain a copy of the activation number for future reference using one of the labels provided on the bottom of the activation label card.
3. Enter details about your collection at **gdx.net/activate**. Write the date of final collection and your confirmation code on the **activation label card** and include in the box.
4. Close the **collection box** and place inside the **FedEx shipping bag**. Follow the shipping instructions provided.

