



Endo+

Endo+ #4008

Considerations

- Do not collect if there is blood in urine, including menstrual or other blood.
- Abnormal kidney function or use of diuretics may influence test results.












Not Available in New York

Patient Guide

How to Begin

Your Endo+ pack contains collection devices for several tests. Collect ONLY what your doctor has indicated online:

1. Visit gdx.net/activate and enter the activation number on the label card in this pack.
2. The website will display what your doctor has ordered for you. Mark what's needed on the chart below then complete only those collections.

Needed	Label #	Device Description	Collection Window	Type
<input type="checkbox"/>	1	 Black bottom tube	Immediately upon waking	Urine
<input type="checkbox"/>	2	 Blue cap tube	Immediately upon waking	Saliva
<input type="checkbox"/>	3	 Blue cap tube	30 minutes after waking	Saliva
<input type="checkbox"/>	4	 Grey cap tube	7:00am to 9:00am	Saliva
<input type="checkbox"/>	5	 Grey cap tube	11:00am to 1:00pm	Saliva
<input type="checkbox"/>	6	 Grey cap tube	3:00pm to 5:00pm	Saliva
<input type="checkbox"/>	7	 Grey cap tube	10:00pm to 12:00am	Saliva
<input type="checkbox"/>	8	 Grey cap tube	2:30am to 3:30am	Saliva
<input type="checkbox"/>	9	 Cotton swabs	Immediately upon waking	Buccal
<input type="checkbox"/>	10	 Healthcare provider will label and collect		Serum
<input type="checkbox"/>	11	 Healthcare provider will label and collect		Serum

Label Each Device

1. Select the numbered label that corresponds with each needed collection device pictured above.
2. Write your date of birth and the timing details on the label.
3. Place the completed label on the tube before collecting.

Preparation & Timing

Plan to collect early in the workweek and ship within 2 days of collection. Detailed information on medications and supplements is available at <https://www.gdx.net/tests/prep>.

Certain medications may influence results, including high dose **biotin**. Do not change your use of medications unless instructed by your clinician.

24 hours leading up to urine collection consume no more than six 8-ounce glasses of fluid.

12 hours before blood collection do not eat or drink anything except water.

1 hour leading up to saliva collection and/or cheek swab do not eat, brush or floss your teeth, use mouthwash, or use lip balm, chewing gum, or any tobacco products. Drinking only water is okay during this time.

For overnight collection (tube 8) label the tube and place it at your bedside with a glass of water and a low-level light before going to sleep. When you wake to collect, avoid bright light which can cause your melatonin levels to drop.

Premenopausal women trying to evaluate ovulatory function should collect specimens between days 19 and 25 of their menstrual cycle.

Males and peri/menopausal women can collect on any day.

Patients on hormone therapies should wait to take hormone medication until after collecting the morning specimen, unless otherwise instructed by your clinician.

Hormone levels are commonly tested 8–12 hours after a dose, but there are many factors to consider such as the type of medication, how you take it, how long you have been taking it, and your own body's response to the medication.

If you are taking synthetic or non-bioidentical hormones, our tests may not work for you and the results may not be helpful for your doctor.

! **REMEMBER!** You may not need to complete every collection type. Find out exactly what your doctor has ordered at [gdx.net/activate](https://www.gdx.net/activate).

Freeze Freezer Brick

1. Place freezer brick in freezer a minimum of 8 hours prior to blood draw appointment and/or shipping collections to our lab.



Collect Urine (if collection 1 is needed)

1. Collect your first morning urination in a clean cup.

If you wake to urinate during the night, within 6 hours of when you typically wake for the day, collect your urine in the cup, refrigerate, then combine with your first morning urine.

2. Use the pipette to stir the urine, then fill the black bottom tube.
3. Screw the cap on tightly and shake.
4. Place tube in the biohazard bag then in freezer for at least 2 hours.



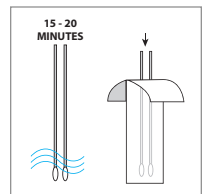
Collect Saliva (if any collection 2-8 is needed)

1. Refer to the chart on page 1 for when to collect each tube. Repeat the following steps for each needed collection.
2. Rinse your mouth with drinking water and spit out completely. Do not cough or clear your throat into the collection tube.
If you struggle to produce saliva, press the tip of your tongue against your teeth, yawn, or try imagining or smelling sour or flavorful foods. 🍋
If there is visible blood in your collection, discard saliva, rinse the tube, and collect after bleeding has stopped.
3. For collection tubes with a blue cap, fill to the 1ml mark and complete each collection within 5 minutes. For collection tubes with a gray cap, fill to the 3ml mark. Tap the tube on a hard surface to reduce foam for an accurate measurement. Insufficient saliva samples cannot be processed.
4. Screw the cap on tightly. Mark the collection start and stop times on the label.
5. Place tube in the biohazard bag then in freezer for at least 2 hours.



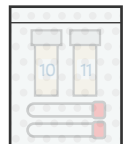
Collect Cheek Swab (if collection 9 is needed)

1. Open the swab package partially, enough to remove a swab without touching the cotton tip.
2. Aggressively scrape the inside of your cheek and between your cheek and gum for 30 seconds with the swab, using a twisting motion and avoiding excess saliva.
3. Repeat with the second swab.
4. Let the swabs dry for 15-20 minutes. Reinsert them in the original package.
5. Seal the package inside the paper envelope and attach label 9.



Collect Blood (if collections 10 and 11 are needed)

1. Do not eat or drink (except water) for 12 hours before collection.
2. Pack your frozen urine and/or saliva samples and take with you to the blood draw appointment.



Complete Online Test Activation

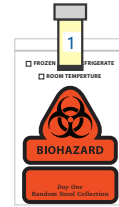
1. Visit gdx.net/activate to provide important information about you, your billing preferences, and your collection.
2. Keep a copy of the activation number for future reference.

What to Return to the Lab

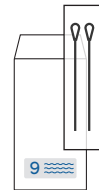
1. Discard unused collection devices.
If a phlebotomy collection is still needed, keep those materials with the collection pack.
2. Confirm each collection is labeled with your date of birth and the timing of collection.
3. Place the freezer brick, all collected samples, and the label sheet, inside the box.
4. Seal the box inside the FedEx shipping bag and follow the shipping instructions provided.



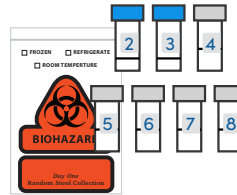
label card



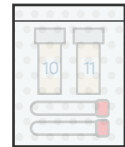
urine collection



cheek swab collection



saliva collections



If collections 10 and 11 are needed, keep blood draw materials with the pack and provide to phlebotomist.

