



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

Ordering Clinicians and Blood Collection Guide

How to Begin

This Endo+ pack contains collection devices for several tests. Before distributing to patients, ordering clinicians must:

1. Visit [gdx.net/mygdx](https://www.gdx.net/mygdx) to make test selections and start activation using the number on the label card in this pack.
2. Review full clinical guidelines at [gdx.net/tests/prep](https://www.gdx.net/tests/prep) and inform patients of any preparation needed.

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**.

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

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

1 hour leading up to saliva collection and/or cheek swab patients should not eat, brush or floss their 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) the patient should label the tube and place it at their bedside with a glass of water and a low-level light before going to sleep. When they wake to collect, patients should avoid bright light which can cause melatonin levels to drop.

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Preparation & Timing *continued from previous page*


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 you, their 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 it is administered, how long the patient has been taking it, and the patient's unique response to the medication.

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

 **REMEMBER!** You must order and activate this collection pack before providing to a patient so they can find out exactly what to collect at gdx.net/activate.

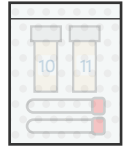
Freeze Freezer Brick

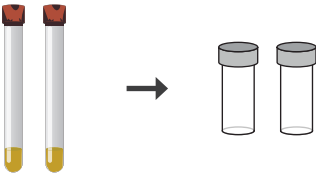
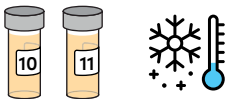
1. Ensure freezer brick has been in freezer a minimum of 8 hours prior to shipping collections to our lab.



Blood Draw and Processing

1. Clean the skin thoroughly with isopropyl alcohol before venipuncture. Use only stainless steel needles.
2. Draw blood.
3. Refer to chart for processing requirements and complete within 45 minutes of blood collection.



| PROCESS AND TRANSFER | LABEL AND RETURN |
|--|--|
|  <p>Red SST Tiger-top Tubes</p> <ol style="list-style-type: none">1. Clot for 15 minutes standing in rack.2. Centrifuge 15 minutes at 3000 RPM.3. Transfer serum to grey cap tubes using the pipette.4. Discard the used SST tubes. |  <p>Grey Cap Tubes</p> <ol style="list-style-type: none">1. Complete labels 10 and 11 and attach to the filled tubes.2. Place in a biohazard bag in freezer for a minimum of 2 hours prior to shipping.3. Keep frozen until shipped. |

