WOMEN'S HEALTH+

#4121

MEN'S HEALTH+

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Considerations

- Do not collect if there is ANY blood in urine.
- Abnormal kidney function or use of diuretics may influence test results.
- Valproic acid, acetaminophen and berberine HCl are direct assay interferants for certain analytes.

Label Each Tube

1. Write your date of birth (DOB) and timing details on the labels.
2. Place a completed label on each tube before collecting during the time window described below.

Device Description		Collection Window	Type
	Black-bottom tube	Immediately upon waking	Urine
	Black-top black tube	Immediately upon waking	Urine
	Clear-cap tube	7am to 9am	Saliva
	Clear-cap tube	11am to 1pm	Saliva
	Clear-cap tube	3pm to 5pm	Saliva
	Clear-cap tube	10pm to 12am	Saliva
	Cotton swabs	Morning after saliva collection	Buccal

At-a-glance

- Review prep & timing
- Enter collection details online

Preparation & Timing

Plan to collect early in the workweek and ship within 2 days of collection.

4 days leading up to urine collection check with your clinician whether it is necessary to discontinue medications/supplements.

Some clinicians choose to discontinue non-essential nutritional supplements to get a "baseline" reading.

Some clinicians choose to continue nutritional supplementation to assess the efficacy of their treatments.

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

The night before collection Use your normal nightly routine of brushing and flossing of teeth, but do not use mouthwash.

The morning of cheek swab and 1 hour before each saliva collection do not eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco, or coffee products. Collect your saliva immediately upon waking and collect the cheek swab immediately after.

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.

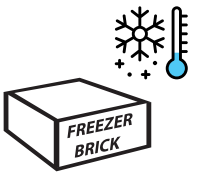
Patients on hormone therapies should wait to take hormone medication until after collecting the morning specimen, unless otherwise instructed by your clinician.

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, results may be unpredictable. Consult your physician and ask if this test is right for you.

Freeze Freezer Brick

1. Place freezer brick in freezer at least 8 hours before shipping collection pack to our lab.



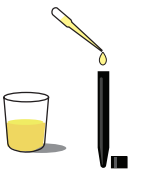
Collect Urine

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 and the black top black tube.
3. Screw the caps on tightly and shake.
4. Place tubes in biohazard bag #1 then in freezer for at least 2 hours.





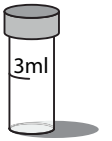
Collect Saliva

1. Refer to the chart on page 1 for when to collect each tube. Repeat the following steps for each collection.
2. Rinse your mouth with drinking water. Spit out the water completely into sink and 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.

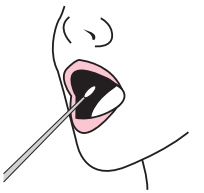
   If there is visible blood in your collection, discard saliva, rinse the tube, and collect after bleeding has stopped.
3. Fill clear-top collection tubes to the 3ml mark. Tap the tube on a hard surface to reduce foam for an accurate measurement. Insufficient saliva samples cannot be processed.
4. Screw the cap on tightly. Write time you started and stopped collecting on the label.
5. Place tube in biohazard bag #2 then in freezer for at least 2 hours.

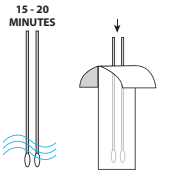




Collect Cheek Swab (if ordered)

1. The morning after you collect saliva, peel the swab wrapper open just enough to grab the stick (don't touch the cotton tip). Keep the wrapper intact to slide the swabs back in later.
2. Open your mouth and aggressively scrape the inside of your cheek with the cotton swab using a back and forth, and up and down motion for at least 30 seconds. Rotate the applicator several times, and swab between the cheek and gums. Avoid excessive saliva
3. Lay the swab across the wrapper so the tip doesn't touch any surface.
4. Repeat this process with the second swab.
5. Let the swabs dry completely (15-20 minutes) then slide both swabs back into the original package.
6. Seal the package inside the paper envelope and attach a label.





Activate Your Test Online

Visit www.gdx.net/activate to provide important information about your collection and receive your **confirmation number**.

Return Collection Pack

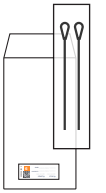
1. Confirm each collection is labeled with your date of birth and the timing of collection.
2. Place the freezer brick, all collected samples, and the label sheet, inside the box.

   Samples should remain in freezer at least 2 hours and freezer brick at least 8 hours prior to packing. ❄
3. Seal the box inside the FedEx shipping bag and drop off at an authorized FedEx location.

   Learn more about return shipping at www.gdx.net/shipping.



label card

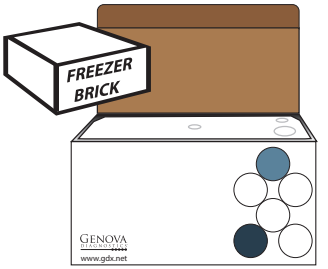

cheek swab collection



bag #1 urine
frozen collection tubes



bag #2 saliva
frozen collection tubes



GENOVA DIAGNOSTICS

Not Available in New York

Activate this pack at **gdx.net/activate** before shipping.

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