

Fertility Profile I

Specialized Instructions for collection.

The Fertility Profile I uses a combo kit (saliva + blood spot) and includes the following hormones:



- FSH and LH (blood spot)
- Sex Hormones — Estradiol, Progesterone, Testosterone (saliva)
- Adrenal Hormones — DHEAS and Cortisol x 4 (saliva)
- Thyroid Hormones — TSH, Free T4, Free T3, TPO antibodies (blood spot)

Please collect samples in the order listed below. Start your collection on day 19-21 for optimal specimen quality. Failure to collect the sample properly will decrease the clinical usefulness of your testing.

Day 19-21 of menstrual cycle (Day 1= First day of period)	Day 3-4 of the following menstrual cycle (Day 1= First day of period)
<p>Collect all 4 saliva samples on the same day (Tests sex hormones in the morning and cortisol levels throughout the day)</p> <ul style="list-style-type: none"> ▶ Large tube - first thing in the morning before breakfast ▶ Small tubes - before lunch, before dinner, and before going to bed ▶ Place samples in freezer until you are ready to mail the complete kit back 	<p>Collect blood spot sample (Tests FSH, LH, and thyroid hormones)</p> <ul style="list-style-type: none"> ▶ Follow blood spot collection instructions to collect sample first thing in the morning <p>NOTE: Do NOT freeze blood spot card. Once all collections are complete remove saliva tubes from freezer and return all samples together.</p>

COLLECTION CONSIDERATIONS

- ▶ If your cycles are irregularly short (less than 19 days) or long (>40 days) talk to your doctor or call the lab for assistance.
- ▶ If you have had no cycles for at least 2 months — you may collect any day of the month all on the same day.
- ▶ It is okay to do this testing while using ovulation stimulants, but please let us know for proper lab comments.

Once all specimens are collected please mail back to the lab promptly.
Only one Test Requisition is needed.

Feel free to add additional information or notes on the Test Requisition for our lab to evaluate when looking at your lab results. This does not change the laboratory findings, but may alter the comments provided back to your health care professional.