

EZ MediCARE Blood Spot

Please read all instructions prior to collection

**TAKING
HORMONES?**
See back panel

To ensure that adequate blood sample is collected for the tests requested, please read instructions carefully and review collection chart if you are using hormones to determine the optimal time to collect your sample.

We also strongly recommend you view the three minute video on how to correctly collect a blood spot sample available online at www.bloodspotvideo.com or www.zrtlab.com.

Women with periods collect on day 19, 20, or 21 of your cycle.

Two blood spot cards are provided in the kit; one card is to be used for collection first thing in the morning, right after waking and one card is for a night collection.

If you are testing blood lipids or other CardioMetabolic Profile tests (e.g. insulin, HbA1c, hsCRP) you will need to fast (no food or drink other than water) 10-12 hours overnight before collecting your blood spots in the morning.

Test Results: Completion of the hormone tests typically takes about 3-5 days from the date ZRT receives your sample. Test results are returned to the health care provider who ordered them; you may obtain a copy there.

DISCLAIMER: ZRT Laboratory is a testing facility only, and does not diagnose, treat, or recommend treatment for medical conditions.

Innovating Hormone Testing

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 **ZRT**
LABORATORY

Blood Spot Collection

www.bloodspotvideo.com



Collect on a flat surface such as a table

Collect sample in the morning within 30 minutes of waking, and before eating or drinking anything (except water).

1. Tape filter card flat (below waist level) with flap hanging down and away from collection filter strip (note: back of flap should not be touching blood filter paper).
2. Open the alcohol prep pad and sterile gauze.
3. Select finger (middle or ring finger of non dominant hand is best).
4. Wipe finger with alcohol prep pad & allow to dry for 15-30 seconds.
5. Twist cap off lancet and press small white section firmly against the side of finger tip until lancet clicks.
6. Quickly wipe away the first blood drop with the sterile gauze pad.
7. Position finger over circle of blood spot card and gently milk (don't squeeze) blood from the finger.
8. As blood drop forms and is ready to fall, touch it to the center of the circle (one drop per circle); continue collection until all circles have been filled.
9. When finished, blot with gauze then apply bandage to finger.
10. Leave blood spot card open to dry - minimum 30 minutes.
11. Once blood sample is dry, close flap and place in the plastic box.



NOTE: If testing AM/PM Cortisols, collect again just before bedtime using the the second blood spot card—at least four usable drops must be collected.

TIPS: Collect so that your hand is below your waist, allowing gravity to assist with blood flow.

To encourage blood flow before nicking finger, rub hands together/swing arm and/or run hand under warm water.

See “Complete Paperwork” panel for final steps.

Complete Paperwork and Send Samples to Lab



1. Complete all relevant sections on the Test Requisition.
 - Collection date & time(s)
 - Hormone & supplement usage
Please list any prescription or compounded hormones, including thyroid medication; please list all supplements (i.e. Iodoral, Vitamin D, Pregnenolone, 7-keto DHEA)
 - Symptoms
 - Tests requested (unless premarked on paperwork)
 - Signature
2. Place all samples, and paperwork **INSIDE** the plastic test kit box; snap test kit lid shut. Be sure to include:
 - Blood Spot Card(s)
 - Test Requisition
 - Prescription with diagnosis from your doctor
 - Medicare Authorization
 - Medicare card copies
3. Place entire test kit box inside the return packaging.
4. Affix the prepaid label or postage if required.
5. Return using the appropriate carrier.

NOTE: Dried blood spot samples should be kept at room temperature.

Hormone Users' Guide to Blood Spot Collection

You do NOT need to stop current hormone therapy prior to collection. Continue to use your hormones as prescribed. Please follow chart below for optimal timing of collection.

| HORMONE TYPE | COLLECT SAMPLE |
|---|---|
| Topicals (gels, creams, sprays, vaginal) | 12-24 hours AFTER last dose |
| Pills (progesterone) | 6-24 hours (optimally 6-10 hours AFTER last dose) |
| Pills (all other hormones) | 12-24 hours AFTER last dose |
| Sublinguals/Troches BLOOD SPOT | 6-10 hours AFTER last dose |
| Patches | 1-2 days AFTER applying patch |
| Injections/Pellets | Midpoint between injection/pellet inserts |
| 7-Keto Dhea (Not regular DHEA) | 72 hours AFTER last dose |
| The following also qualify as hormones (collect as above): | |
| <ul style="list-style-type: none">• Birth control• Melatonin• Creams containing pregnenolone and/or placental derivatives• Anti-inflammatory steroid creams/inhalers/oral medications (e.g. hydrocortisone, prednisone, betamethasone) | |

If you collect outside the recommended time frame above, this may result in hormone levels lower or higher than ZRT reference ranges for hormone users.

Topical Hormone Users should follow the instructions below to avoid direct contamination of sample during collection.

- ▶ Do NOT use bare hands for topical hormone application for at least two days prior to collection (apply hormones using latex gloves or preferably hormone-loaded syringe or applicator).
- ▶ Do NOT apply hormones to face or neck the night before collection- apply to areas that can be covered by clothing to avoid transfer of hormones from fingers to face, lips, or mouth.
- ▶ Just before collecting sample, wash and dry hands with soap and clean towel and, thereafter, avoid touching bathroom faucets, door handles, towels, or soap that might be contaminated with traces of topical hormone creams or gels.

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