

MENSTRUAL CYCLE MAPPING

Testing Instructions

1 Choose Your Collection Days

- ▶ Read all instructions thoroughly before you begin collecting samples.
- ▶ Day 1 is the day your period begins – mark it in the gray box below. Then, count forward to day 7 and mark that below as well. Day 7 of your cycle is the correct day to begin collecting samples.
- ▶ This test is designed for menstruating women. It is not recommended for:
 - Men or children.
 - Non-menstruating women (except as advised by your health care provider).
 - Individuals using hormone therapy including birth control pills, patches, pellets or progestin IUDs. Estradiol or progesterone supplementation may produce levels outside of reportable ranges.
- ▶ Failure to follow instructions may compromise your lab results. Seek assistance if you have concerns.



View the collection video at www.zrtlab.com

2 Collection Timing

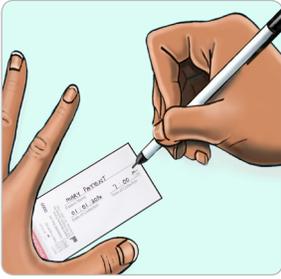
- ▶ You will be collecting one urine sample every other day beginning on day 7 of your cycle. (Day 1 = first day of bleeding.) Collect every other day until the start of your next period or until you run out of collection cards.
- ▶ Collect your first urination immediately upon waking for the day.
- ▶ Don't eat, drink anything but water, take vitamins or supplements, or take medications (except as advised by your health care provider) until after your daily collection. Limit liquid consumption to 8oz or less in the hour preceding collection.
- ▶ 15 collection cards are provided in this kit. The average woman may only use 11 or 12 of these cards. Women with longer cycles may need all 15 collection cards.
- ▶ It is ok for a woman with a long cycle to collect all 15 cards and still have to wait several days before her next period begins. This will not jeopardize test results.
- ▶ To help keep track, use the schedule below to mark the dates of collection and check off each collection as you complete it. (Days with gray X marks are days you DO NOT collect.)

Cycle Day 1: (MM/DD)			Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19
Cycle Days 2-6: (MM/DD) - (MM/DD)			(MM/DD)												
DO NOT COLLECT				X		X		X		X		X		X	
Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)	(MM/DD)
X		X		X		X		X		X		X		X	

EXAMPLE COLLECTION CALENDAR

Cycle Day 1 10/02	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16
Cycle Days 2-6 10/03 - 10/07	10/08	10/09	10/10	10/11	10/12	10/13	10/14	10/15	10/16	10/17
DO NOT COLLECT	✓	X	✓	X	✓	X	✓	X	✓	X

3 Collect Samples



STEP 1

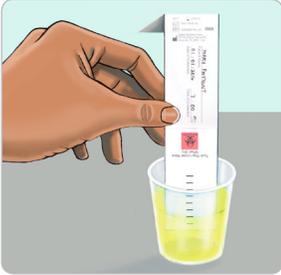
At each collection time: Remove a collection card from the plastic wrap.

Write your name, the date and time of collection on the card prior to collecting the sample.



STEP 3

Hang or tape the collection card in a secure place to dry – like over a towel rack. Make sure that the urine-saturated filter paper does not touch anything.



STEP 2

To collect: Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Saturate the filter paper by directly urinating onto it, or by collecting your urine in a clean cup and dipping the filter paper up to the top black dash line.



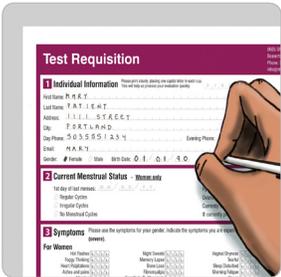
STEP 4

Allow to dry completely for at least 24 hours – up to 48 hours. Once dry, refold the collection card, place it into one of the plastic sample bags and seal. Keep the absorbent pouch in the bag.

Only put 5 completed collection cards into each sample bag. Repeat steps 1-4 each day you collect.

IMPORTANT! Collection cards MUST be completely dry before being placed into the plastic sample bags. Failure to dry collection cards may result in sample rejection or the need to recollect samples.

4 Finish & Send



STEP 1

Complete all paperwork. Make sure all sections are filled in and your form is signed.

IMPORTANT! Make sure to include the first day of your last menses in Section 2.



STEP 3

Place the entire test kit box inside the return packaging.

Affix the prepaid label or postage if applicable. Return using the appropriate carrier.

Samples will remain stable under average shipping conditions, including over weekends and holidays.



STEP 2

Place the bagged samples, the Test Requisition form and any additional paperwork back into the plastic test kit box. Make sure to include payment (if applicable). Snap test kit lid shut.

! Important

- ▶ **Reasons for sample rejection:** Samples that are still wet, not sealed in a sample bag, or too dilute (too much liquid consumed prior to collection) will not be processed, replaced or refunded.
- ▶ **What if I miss a collection?** If you miss your first morning sample, collect your second urine sample of the day OR collect your first morning sample the following day. For example, if you miss your first urination on Day 15, collect your second urination of that day or collect the first morning urination on Day 16. Make sure to mark the day and time of your actual collection on the collection card. Then return to collecting based on the original schedule.