



Blood Spot + Dried Urine Test Kit

Blood Spot + Dried Urine Collection Instructions

Review at least **1-week prior** to collection.

Available online at www.zrtlab.com



Click here to view the collection video
or visit **www.zrtlab.com/collection-videos**

Section 1: Identify Your Panel

Start by identifying your panel(s). Use the SKU codes on your requisition form to match your selected panel(s) in the list below. **Collection steps may vary by panel.**

Tip: When selecting panels, review combination options to see if they include your individual tests for broader insight.

Blood Spot Panels

B-220 Thyroids: TSH, FT3, FT4, TPOab, Tgbn, TT4

B-221 Lipids: TG, CH, HDL, LDL, VLDL

B-222 CardioMetabolic: HbA1c, TG, CH, HDL, LDL, VLDL, IN, hsCRP

B-223 LCMS Vitamin D: D2, D3

B-224 ICPMS Toxic and Essential Elements: Zn, Cu, Mg, Se, Cd, Hg

B-240 LCMS Hormones 3 with SHBG: E2, Pg, T, SHBG

B-241 LCMS Hormones 5 with SHBG: E2, Pg, T, DS, C, SHBG

B-242 LCMS Hormones 7 with SHBG: E2, E3, E1, Pg, T, DS, C, SHBG

B-243 LCMS Hormones 7 with SHBG and Thyroids: E2, E3, E1, Pg, T, DS, C, SHBG, TSH, FT3, FT4, TPOab, Tgbn, TT4

B-204 Luteinizing Hormone and Follicle-Stimulating Hormone: LH, FSH

B-201 Sex Hormone Binding Globulin: SHBG

B-202 Prostate-Specific Antigen: PSA

B-203 Thyroid-Stimulating Hormone: TSH

B-207 Insulin, Fasting: IN

B-206 High-Sensitivity C-Reactive Protein: hsCRP

B-208 Hemoglobin A1c: HbA1c

B-205 Anti-Müllerian Hormone: AMH

Section 1: Identify Your Panel

Dried Urine Panels

U-321 LCMS Diurnal Hormones I

FC(x4), FCn(x4), MT6s(x4), Crtn(x4)

U-322 LCMS Diurnal Hormones II

FC(x4), FCn(x4), NE(x4), Epi(x4), MT6s(x4), Crtn(x4)

U-323 GCMS Estrogen Hormone Metabolites

E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16αOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Crtn

U-324 GCMS Hormone Metabolites

E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16αOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Pgdiol, AlloP, AlloPd, 3aHP, 20aHP, DOC, Ccn, TC, TCn, ThC, ThCn, D, Adione, Andro, Etio, T, Epi-T, 5α-DHT, 5α3α, Crtn

U-340 GCMS Estrogen Hormone Metabolites and LCMS Diurnal Hormones I

E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16αOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)

U-341 GCMS Hormone Metabolites and LCMS Diurnal Hormones I

E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16αOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Pgdiol, AlloP, AlloPd, 3aHP, 20aHP, DOC, Ccn, TC, TCn, ThC, ThCn, D, Adione, Andro, Etio, T, Epi-T, 5α-DHT, 5α3α, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)

U-326 ICPMS Iodine: I, Crtn

U-327 ICPMS Toxic and Essential Elements: I, Br, Se, Li, As, Cd, Hg, Crtn

Blood Spot + Dried Urine Panels

BU-746 Blood Spot + Dried Urine ICPMS Toxic and Essential Elements

Blood Spot: Zn, Cu, Mg, Se, Cd, Hg

Dried Urine: I, Br, Se, Li, As, Cd, Hg, Crtn

BU-744 Blood Spot Thyroids + Dried Urine ICPMS Iodine

Blood Spot: TSH, FT3, FT4, TPOab, Tgbn, TT4

Dried Urine: I, Crtn

Section 1: Identify Your Panel

Blood Spot + Dried Urine Panels

BU-745 Blood Spot Thyroids + Dried Urine ICPMS Toxic and Essential Elements

Blood Spot: TSH, FT3, FT4, TPOab, Tgbn, TT4

Dried Urine: I, Br, Se, Li, As, Cd, Hg, Crtn

BU-740 Blood Spot Thyroids + Dried Urine GCMS Estrogen Hormone Metabolites

Blood Spot: TSH, FT3, FT4, TPOab, Tgbn, TT4

Dried Urine: E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16αOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Crtn

BU-742 Blood Spot Thyroids + Dried Urine GCMS Hormone Metabolites

Blood Spot: TSH, FT3, FT4, TPOab, Tgbn, TT4

Dried Urine: E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16αOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Pgdiol, AlloP, AlloPd, 3αHP, 20αHP, DOC, Ccn, TC, TCn, ThC, ThCn, D, Adione, Andro, Etio, T, Epi-T, 5α-DHT, 5α3α, Crtn

BU-741 Blood Spot Thyroids + Dried Urine GCMS Estrogen Hormone Metabolites and LCMS Diurnal Hormones I

Blood Spot: TSH, FT3, FT4, TPOab, Tgbn, TT4

Dried Urine: E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16αOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)

BU-743 Blood Spot Thyroids + Dried Urine GCMS Hormone Metabolites and LCMS Diurnal Hormones I

Blood Spot: TSH, FT3, FT4, TPOab, Tgbn, TT4

Dried Urine: E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16αOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Pgdiol, AlloP, AlloPd, 3αHP, 20αHP, DOC, Ccn, TC, TCn, ThC, ThCn, D, Adione, Andro, Etio, T, Epi-T, 5α-DHT, 5α3α, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)

Section 2: Choose Your Collection Day

Before You Begin

Read all instructions thoroughly and decide the ideal day to collect. Mark it on your calendar. List all current medications on test requisition.

 Failure to follow instructions may compromise lab results or interpretation.

Men, Children, & Non-Menstruating Women

Hormone Users See Section 3

Collect any day of the month.

Menstruating Women

- If testing FSH for fertility reasons, collect on day 3 of menstrual cycle.
- If testing Estrogen Metabolites, Hormone Metabolites, Estradiol (E2), Progesterone (Pg), or Testosterone (T):
 - **Regular Cycles:** Collect on day 19, 20 or 21 of the menstrual cycle. (Day 1 = first day of your period.)
 - **Irregular Cycles:** If you know when your period will start, choose 5 days before.
 - **Unpredictable Cycles:** Collect any non-bleeding day.
- For **Dried Urine** tests not listed above, you can collect any non-bleeding day.
- For **Blood Spot** tests not listed above, you can collect any day of the month.

Section 3: Hormone Users *Skip if not using hormones.*

Write all hormones used on your requisition. Failure to do so may result in incorrect reference ranges and commentary.



Do NOT stop hormone usage — continue as prescribed.

Avoid contamination: Change sheets, pillowcases, and towels the night before collection; avoid touching bathroom surfaces that may contain hormone residue.

Topical, Oral, Troche or Sublingual Therapies

The day before testing, continue use of hormones as prescribed. Make sure any night dosage is applied at least 12 hours before planned morning collection. For example, dose before 8pm for an 8am collection. If using oral progesterone, your dosage can be right before bed.

Do **NOT** use bare hands for topical hormone application for at least two days prior to collection (apply hormones with gloves or applicator). Avoid using hormones on the face, lips and neck.

Patches, Vaginal Rings, Pellets or Injectables

Test half-way between doses. For example, collect 3 days after a once-a-week patch or 2 weeks after a once-a-month injection.

Vaginal Hormone Users

IF TESTING URINE HORMONE METABOLITES OR ESTROGEN METABOLITES, do NOT use hormones vaginally for at least 3 days prior to urine collections as this may directly contaminate the urine with the supplemented hormone and cause false-high results.

7-Keto DHEA

Avoid for 3 days prior to collecting. Does not apply to regular DHEA.

Steroids (e.g. glucocorticoids, hydrocortisone, prednisone)

Talk to your health care provider about appropriate timing.

Section 4: Prepare for Collection

To ensure **accurate** results, begin preparing for your collection according to the timeline below.

3 Days Prior to Testing

Avoid anti-aging/anti-wrinkle facial creams and biotin/vitamin B7 (hair and nail formulas).

1 Day Prior to Collection

Diet & Supplement Considerations: If you take iodine and/or selenium supplements (e.g. Iodoral, multi-vitamin) daily, continue to take them as usual when testing. If you eat foods high in iodine or selenium, or take supplements only periodically, avoid them the day before and day of your urine collection. Foods highest in iodine include seafood, seaweed (kelp) and dairy products. Foods highest in selenium include Brazil nuts.

Day of Collection

If you are testing CardioMetabolic Panel tests (e.g. insulin, triglycerides) ZRT recommends fasting (no food or drink other than water) 10-12 hours overnight before collecting in the morning.

Refrain from drinking more than 8 oz water in the hour before each dried urine strip collection to allow your urine to concentrate.

Collection Timetable

Confirm your panel before following below table.

Sample Type	Upon Waking	Before Lunch	Before Dinner	Before Bed
Blood Spot		X	X	X
Urine				

Section 4: Prepare for Blood Collection

! Important

Samples that do not meet criteria below may not be usable for testing. Each blood spot must:

- Soak through the collection card so that blood shows through on the back.
- Be spherical and fill as much of the circle as possible.
- Contain one drop per circle, no overlapping.



Section 4: Prepare for Urine Collection

To ensure **accurate** results, begin preparing for your collection according to the timeline below.



Sample 1: Upon Waking

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 the first collection.
- Refrain from drinking more than 8 oz in the hour before each collection to allow your urine to concentrate.

Hormone Users: After the first morning collection, supplement with your regular morning hormone dose (AVOID VAGINAL HORMONE USE). Wash hands thoroughly afterwards – especially if you are using topical hormones.



Sample 2: Before Lunch

Collect your second urination of the day, about 2 hours after your first collection. Limit drinking to 8 oz the hour before.



Sample 3: Before Dinner

Collect just before dinner. Limit drinking to 8 oz the hour before.

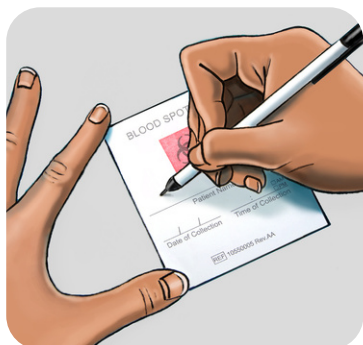


Sample 4: Before Bed

Collect just before bedtime. Limit drinking to 8 oz the hour before.

Hormone Users: If you supplement hormones at night before bed, collect your last (night) sample before using hormones (e.g. oral or topical progesterone). Vaginal hormone use may be resumed AFTER the last urine collection of the day.

Section 5: How to Collect Blood

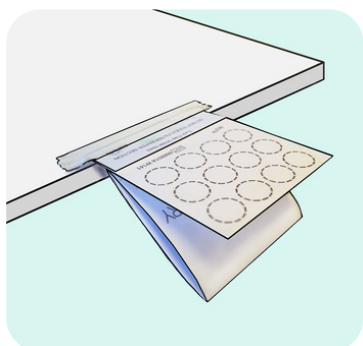


STEP 1

Collect blood sample within **1 hour** of waking.

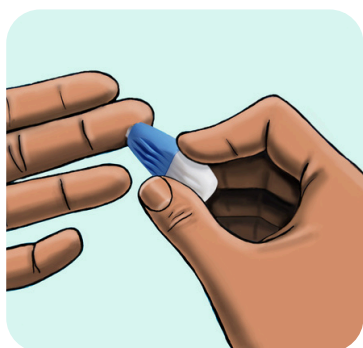
- Write your name, the date and time of collection on the card prior to washing hands.
- Wash hands with soap and water.
- Use a clean towel to dry hands.
- Make sure hands are warm and circulation is going.

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



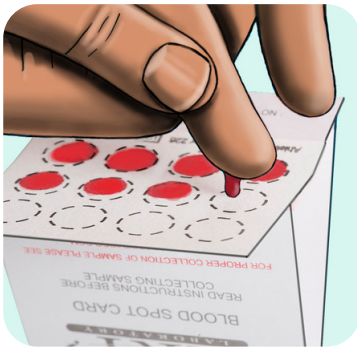
STEP 2

Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Tape card to a flat surface like a table, below heart at about waist level. Open the alcohol prep pad and sterile gauze. Select finger. Middle or ring finger of non-dominant hand is recommended.



STEP 3

Wipe finger with alcohol prep pad and allow to air dry. Twist cap off lancet and press small white section firmly against the side of finger pad until lancet clicks. Wipe away the first blood drop with gauze.



STEP 4

Position finger over circle of blood spot card and gently milk (don't squeeze) blood from the finger. Collect so that your hand is below your waist, allowing gravity to assist with blood flow.

Tip: Squeeze arm from elbow to base of finger.

STEP 5

As blood drop forms and is ready to fall, touch the drop onto the center of the circle (one drop per circle). Continue collection, preferably until all circles have been filled – but it is more important to have several good sized spots than to fill all the circles. When finished, apply bandage.

STEP 6

Leave blood spot card open to dry – minimum 4 hours. Once sample is dry, close cover. Store card in a cool, dry location away from direct sunlight until it is shipped.

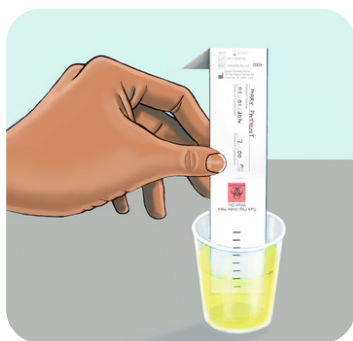
Section 5: How to Collect Urine



STEP 1

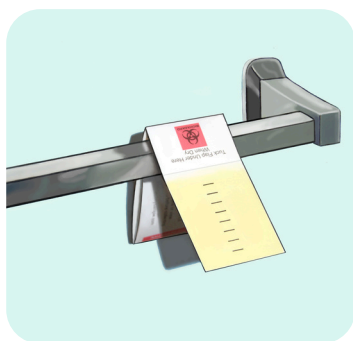
At each collection time:

- Remove a collection card from the baggie.
- Write your name, the date and time of collection on the card prior to collecting the sample.



STEP 2

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 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.

***Note:** Do not leave dry samples out of bag for more than 24hrs.

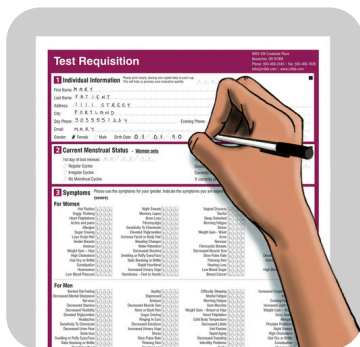


STEP 4

Allow to dry completely for at least **6 hours.*** Once dry, refold the collection card and place sample back into the baggie and seal. Repeat steps 1-4 for each collection.

***Note** that samples **MUST** be completely dry before being placed in the kit box for shipping. Failure to ensure that samples are dry may result in the need for recollection.

Section 6: Finish & Send



STEP 1

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



STEP 2

Place the **sample(s)**, 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.



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.

Important Notes

- Urine samples that are wet, unsealed, too dilute (from excess fluid intake before collection), or more than 30 days old will not be processed, replaced, or refunded.
- **What if I miss a urine collection?** If you miss a collection time, collect the sample at the same time the next day (for example, collect an evening sample the following evening). Update the requisition form and the time on the card. Allow to dry completely for at least 6 hours.* Once dry, refold the card, return it to the baggie, seal, and repeat steps 1–4 for each collection.