Version 4 | 11.1.26

Dried Blood Spot Hormone Collection Kit

Dried Blood Spot Collection Instructions

Carefully Review Prior to Collection

Available online at www.zrtlab.com

Scroll to begin

Section 1: Identify Your Panel Requirements

Begin by identifying your panels. In Section 6 of the Test Requisition Form, locate the test code associated with your selected panels and match it to the list below.

Tip: Consider combination panels, as they may provide your selected tests at a more cost-effective rate while delivering broader clinical insight.

Collection Materials

Blood Spot Card

 (1)

Test Code + Panel		Collections Required
B-201	**Sex Hormone Binding Globulin** Blood: SHBG	
B-202	**Prostate-Specific Antigen** Blood: PSA	
B-203	**Thyroid-Stimulating Hormone** Blood: TSH	
B-204	**Luteinizing Hormone and Follicle-Stimulating Hormone** Blood: LH, FSH	
B-205	**Anti-Müllerian Hormone** Blood: AMH	
B-206	**High-Sensitivity C-Reactive Protein** Blood: hsCRP	
B-207	**Insulin, Fasting** Blood: IN	
B-208	**Hemoglobin A1c** Blood: HbA1c	
B-209	**Prolactin** Blood: Prolactin	
B-220	**Thyroids** Blood: TSH, FT3, FT4, TPOab, Tgbn, TT4	

Test Code + Panel		Collections Required
B-221	Lipids **Blood:** HDL, TG, CH, LDL, VLDL	
B-222	CardioMetabolic **Blood:** IN, HBA1c, HDL, TG, CH, hsCRP	
B-223	LCMS Vitamin D **Blood:** D2, D3	
B-224	ICPMS Toxic and Essential Elements **Blood:** Zn, Cu, Mg, Se, Cd, Hg	
B-240	LCMS Hormones 3 with SHBG **Blood:** E2, Pg, T, SHBG	
B-241	LCMS Hormones 5 with SHBG **Blood:** E2, Pg, T, DS, C, SHBG	
B-242	LCMS Hormones 7 with SHBG **Blood:** E2, E3, E1, Pg, T, DS, C, SHBG	
B-243	LCMS Hormones 7 with SHBG and Thyroids **Blood:** E2, E3, E1, Pg, T, DS, C, SHBG, TSH, FT3, FT4, TPOab, Tgbn, TT4	
B-246	Male LCMS Testosterone with SHBG and PSA **Blood:** T, SHBG, PSA	
B-247	Male LCMS Hormones 3 with SHBG and PSA **Blood:** E2, Pg, T, SHBG, PSA	
B-248	Male LCMS Hormones 5 with SHBG and PSA **Blood:** E2, Pg, T, DS, C, SHBG, PSA	
B-249	Male Vitality Basic **Blood:** T (LC-MS) + SHBG, PSA, LH, FSH, TSH, PRL	
B-250	Male Vitality Advanced **Blood:** E2, Pg, T, DHEAs, C (LC-MS) + SHBG, PSA, LH, FSH, TSH, PRL	

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 the test requisition.

Failure to follow instructions may compromise lab results or interpretation.

Men, Children, & Non-Menstruating Women (Hormone Users: See Section 3)

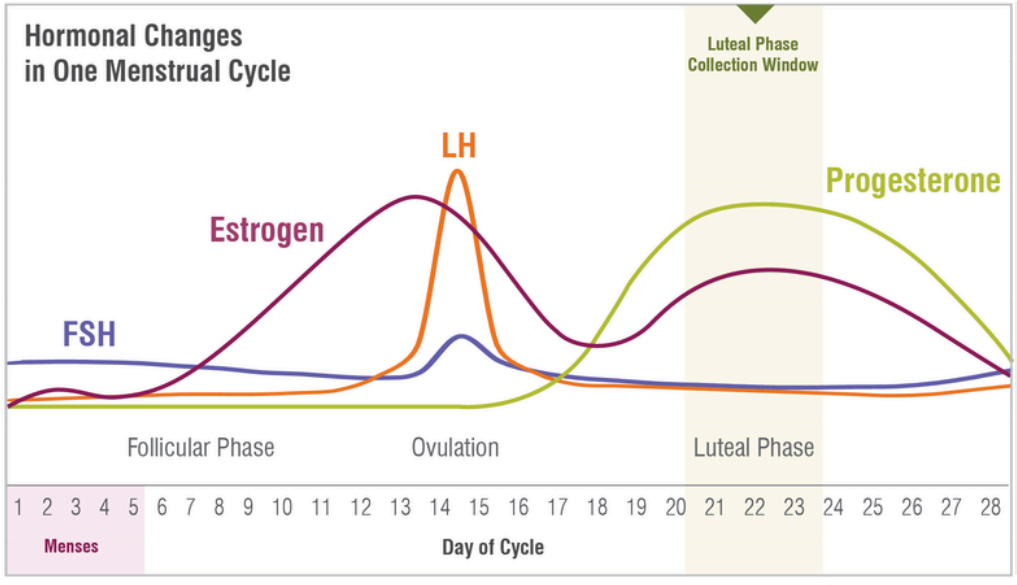
Collect any day of the month.

Menstruating Women

- If testing FSH for fertility reasons, collect on day 3 of menstrual cycle.
- If testing Estradiol (E2), Progesterone (Pg) or Testosterone (T):

  Note: *Day 1 = First day of your period flow (not spotting).*

  - **Regular Cycles** (your cycle is about the same length each month):
    - Cycle length **23-26 days:** Collect day 17, 18 or 19
    - Cycle length **27-30 days:** Collect day 21, 22 or 23
    - Cycle length **31-34 days:** Collect day 25, 26 or 27
    - **For longer or shorter cycles:** Collect 5-7 days before the expected start date of your next period.
  - **Infrequent** or **Unpredictable Cycles:** Collect any non-bleeding day.



This illustration is an example of a 28-day cycle. Hormonal changes and day of ovulation vary with cycle lengths.

ZRT LABORATORY

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.

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.

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3 Days Prior to Collection

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

Day of Collection

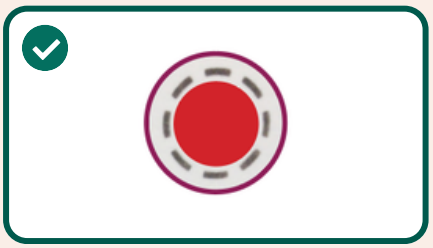
If you are testing CardioMetabolic Panel tests (e.g. insulin, triglycerides) ZRT recommends fasting (no food or drink other than water) 10-12 hours overnight before collecting in the morning.

Important

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

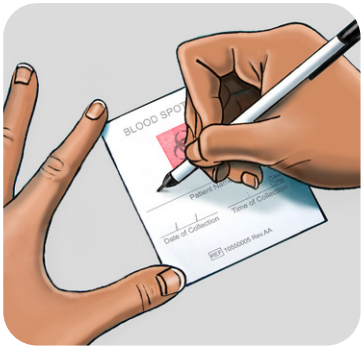
- Soak through the collection card so that blood shows through on the back.
- Be spherical and fill as much of the circle as possible.
- Contain one drop per circle, no overlapping.





Section 5: Start Your Collection

Click here to view the collection videos for Saliva and Blood Spot or visit **www.zrtlab.com/collection-videos**

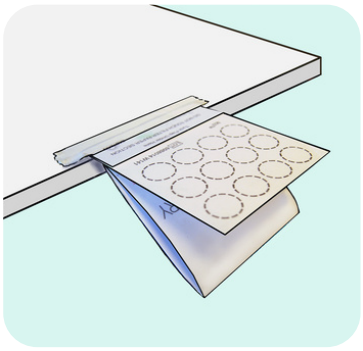


STEP 1

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

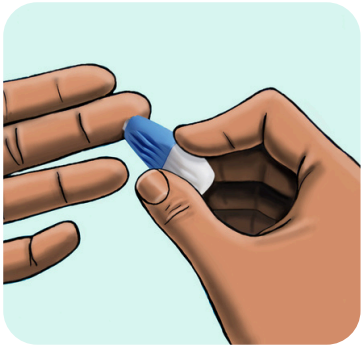
- Write your name, the date and time of collection on the card prior to washing hands.
- Wash hands with soap and water.
- Use a clean towel to dry hands.
- Make sure hands are warm for improved circulation.

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 under 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 on 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.

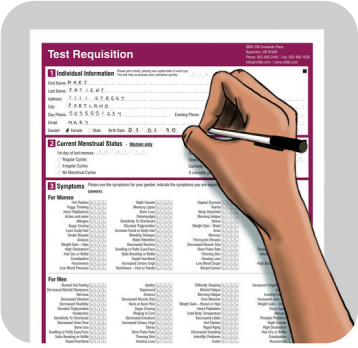
STEP 5

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 6: Finish & Send



STEP 1

Complete all paperwork. Failure to fill out your requisition form fully may cause delays, sample rejections, or inaccurate report.



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 kit box inside the return packaging. Affix the prepaid label or postage if applicable. Return using the appropriate carrier. Failure to ensure that samples are dry may result in the need for sample recollection.