

Cycle Day:	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
Vial number:	vial 1	vial 2	vial 3	vial 4	vial 5	vial 6	vial 7	vial 8	vial 9	vial 10	vial 11	vial 12	vial 13	vial 14	vial 15	vial 16	vial 17
Dates collected:																	

Please fill out chart below as follows: Upon awakening, use a digital thermometer to check oral temperature (under the tongue). Take temperature before getting out of bed. Record temperatures daily on chart below starting on day 2 through the end of your cycle. The last day of temperature recording corresponds to the last day of vial collection (the first day of menses of your next cycle or day 34 of the collection schedule, whichever comes first). On that day you may discontinue temperature recording.

Cycle Day:	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Temperature:																	
Cycle Day:	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	
Temperature:																	



BioHealth
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PATIENT INSTRUCTION GUIDE

Expanded Premenopause Hormone Profile, #208B

This profile is clinically indicated for pre- and peri-menopausal women who present health concerns that may be hormonally related.

Your kit includes:

- Test Submittal Form
- [17] Capped Collection Vials
- [1] Biohazard Bag
- [1] White Specimen Return Box
- [1] FedEx Mailer



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Expanded Premenopause Hormone Profile, #208B

Follow all directions carefully!

- ✓ If you have any questions, contact your health professional.
- ✓ To ensure the accuracy of lab reporting, please read the directions thoroughly **prior to** beginning specimen collection.
- ✓ Please be certain to complete all information on both the **submittal form** enclosed in this test and the **worksheet** attached to the instructions. These forms must be sent with your samples or the lab will not process your test.
- ✓ **IMPORTANT PLEASE NOTE: You may not need to use all vials for your cycle's collection.**

At least 36 hours before collection:

- ✓ **DO NOT** take any sublingual (under-the-tongue) products. If you are currently taking sublingual (S.L.) hormones, you may take the S.L. orally by doubling the recommended dose and taking it in water (e.g. 4 drops S.L. 2 x per day = 8 drops 2 x per day taken in water orally). This option is subject to review by your health care professional.

Special Instructions:

- ✓ **Day One** is the first day of your menstrual bleeding, also referred to as day one of your cycle. The first sample is taken on day 2 of your cycle.
- ✓ **FREEZE** each sample after collection.
- ✓ Sample only according to following schedule and write dates of each sample in appropriate box.
- ✓ Collect the last sample on the first day of your next menses or day 34 of collection schedule (whichever comes first). Enter the day of cycle corresponding to the last day of collection on the Patient Worksheet.

On the day of saliva collection:

- ✓ **IMPORTANT PLEASE NOTE: If you are collecting saliva samples for more than one test on the same day you must wait a minimum of one hour between collections. Always follow specific instructions for each test.**
- ✓ **DO NOT** take any sublingual (under-the-tongue) products.
- ✓ **DO NOT** eat or drink anything except water for 1 hour before collection.
- ✓ **DO NOT** brush or floss your teeth for 1 hour before collection.

Collection Procedure:

The night before each collection, brush your teeth and rinse your mouth thoroughly just before going to bed. Upon awakening the next morning, collect your saliva as directed below.

1. Use a digital thermometer to check oral temperature (under the tongue). Take temperature before getting out of bed. Record temperatures daily on chart attached starting on day 2 of your cycle through the end of your cycle.
2. Collect your saliva after checking temperature and mark date on worksheet.
3. Before collecting each sample, rinse your mouth with cold water and wait 2 minutes before expressing saliva. If necessary, you may chew sugarless gum to stimulate salivation. **DO NOT** fill vials with throat clearings.
4. Fill vials a minimum of 3 ml, excluding foam. Cap vials tightly and insert into biohazard bag.
5. Label the plastic-capped vials with the stickers that are included. Complete the requested information before applying.
6. The last vial collected is the first day of menses of your next cycle or day 34 of collection schedule, **whichever comes first**. On that day you may collect your sample at any time. **PLEASE NOTE:** No food or drink except water one hour before collection. Follow steps #3 and #4

Shipping Instructions:

- ✓ Insert biohazard bag with vials into the white specimen return box with the completed submittal form. Insert the return box into the FedEx Clinical Pak and then place the billable stamp on the outside of the pak. **Be sure to include the test submittal form.** For FedEx office locations call 1-800-463-3339 or visit www.fedex.com. **DO NOT** place the specimens in a FedEx drop box. The specimen must arrive at the laboratory within 14 days of collection. If you need to use another carrier, mail specimens to:

**BioHealth Diagnostics Laboratory, Inc.
23900 Hawthorne Blvd. | Suite 150
Torrance, CA 90505**

Lab Results:

Only your health professional is authorized to receive and discuss your results with you. Results will be forwarded to your health professional. The average turn around time to process the specimen is 3-5 business days from date received at the lab.

Premenopause Hormone Profile, #208 Patient Worksheet - [Return with submittal form and samples]

PLEASE FILL OUT BOTH SIDES COMPLETELY AND RETURN WITH SUBMITTAL FORM AND SPECIMENS!

PATIENT NAME: _____

LAST DATE OF COLLECTION: _____

DAY OF CYCLE (LAST COLLECTION): _____

1. Date menses (bleeding) started: _____

2. Date next menses started: _____

3. Average length of last 3 cycles: _____

4. Historically, what is your normal cycle length? (Example: 26 days, 28 days, 30 days): _____

5. Circle if taking any of the following hormones while sampling: DHEA, Estrogens, Pregnenolone, Progesterone, or Testosterone
List dosages, delivery (e.g., oral, sublingual, patch, cream), and frequency: _____