

# Patient Guide



Essential Estrogens FMV #4209\*

\*Not Available in New York



Abnormal kidney function or use of diuretics may influence test results.



Do not collect if there is blood in urine, including menstrual or other blood.

## BEFORE YOU BEGIN

# Activate This Test

Visit [gdx.net/activate](https://gdx.net/activate) and enter the number found on the included activation label card.



## STEP 1

# Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays. Please return specimens within 24 hours after collection.

### Prior to Testing

Certain medications may influence results, however there are no known interfering medications. Do not change use of medications unless instructed to do so by your healthcare provider. Additional details are available online when you activate this test and visit the Test Prep page.

### Day Before Testing

Consume no more than six 8-ounce glasses of fluid over the 24 hours before collection.

### Night Before Collection

If collecting cheek swab, brushing and flossing are okay but do not use mouthwash.

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## STEP 1 *(Continued from previous page)*

# Plan Your Collection

### Morning of Collection

If collecting cheek swab – do not eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco, or coffee products.

Collect cheek swab (if ordered) immediately upon waking.

### Premenopausal Women

If the goal is to evaluate ovulatory function, collect specimens between days 19 and 25 of the menstrual cycle.

### Peri/Menopausal Women and Males

Collect specimens on any day.

### Patients on Hormone Therapies

Do not take hormones immediately prior to the morning specimen collection. Wait to take the dose until after the specimen has been collected unless otherwise instructed by your healthcare provider.

As a general guideline, many clinicians opt to test patients approximately 8–12 hours following a dose. There are many variables that affect hormone levels with respect to timing of collection including dosing regimen, formulation pharmacokinetics, route of administration, site of administration, length of regimen, patient metabolic individuality, specimen type, etc.

Synthetic, non-bioidentical hormones are not detected by the assays and testing is not recommended for these patients due to questionable clinical utility.

## STEP 2

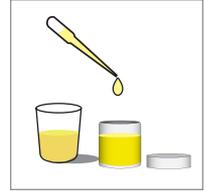
# Specimen Collection

1. **Review** instructions and test prep information at [gdx.net/activate](https://gdx.net/activate).
2. Write your **date of birth** (DOB) and the **date of collection** on the labels provided. Attach completed labels to the **collection cup** and the **paper swab envelope** (if ordered).



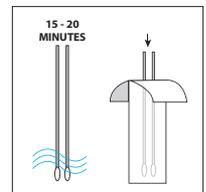
# Collect Urine

1. **Collect** your **first morning urination** in to a clean container (a large plastic cup works well). If you wake to urinate during the night, within 6 hours of when you typically wake for the day, collect your urine **in the cup**, refrigerate, then combine with your first morning urination collection.
2. **Stir**, then **transfer** urine from the cup to the **collection cup** using the pipette. Continue to add urine until the collection cup is nearly full.
3. **Recap** the collection cup tightly and **shake**.
4. **Return** the collection cup and absorbent pad to the biohazard bag
5. **Refrigerate** until ready to ship.



# Collect Cheek Swabs (if ordered)

1. **Peel** open the **cotton tipped applicator package** just enough to remove the cotton swabs. Leave the package intact so that the swabs can be reinserted after collection.
2. **Remove** one cotton swab applicator. **Do not touch** the cotton tip.
3. **Open** your mouth and **aggressively scrape** the inside of your cheek with the cotton swab using a back and forth, and up and down motion for at least **30 seconds**. **Rotate** the applicator several times, and swab between the cheek and gums. **Avoid excessive saliva**.
4. **Repeat steps 2 and 3 with the second swab**.
5. Allow swab applicators to **air dry** for 15-20 minutes. **Return** them, swab first, to the applicator package. **Seal** package inside the paper envelope.



### STEP 3

## Return Collection Pack

1. Confirm that the collection cup has a **completed label attached** with **date of birth** and the **date of collection**. Place the biohazard bag with **collection cup** inside the **collection box**.
2. If ordered, confirm the **cheek swab envelope** is sealed shut and has a **completed label attached**. Then **place** inside the cardboard box.
3. Retain a copy of the **activation number** for future reference **using one of the three labels provided on the bottom of the activation label card**.
4. Visit **gdx.net/activate** to enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card**. Place the **activation card inside** the box.
5. **Close** the **cardboard box** and **place** inside the **FedEx shipping bag**. Follow the shipping instructions provided..

