

Step 3:

Returning The Samples To The Laboratory

Samples must be returned to Genova Diagnostics by overnight delivery to arrive next day.

For UK mainland patients only: Genova Diagnostics recommends using the enclosed courier collection service, or alternative e.g.: Royal Mail, Special Delivery. The mailing envelope is not pre-paid.

For patients outside of the UK: please arrange an international courier such as FedEx, DHL, UPS.

Please note: the laboratory is closed at weekends. Samples should not be in transit over the weekend; please arrange for the samples to be sent overnight and to arrive no later than Friday. If blood is drawn on Friday or weekend, freeze until Monday shipment.

- Plan to return the samples **Monday – Thursday by overnight delivery only.**
- Please ensure the paperwork and sample tubes are labelled with full name (first and last), date of birth, time and date of collection. Failure to complete this information correctly will result in the samples being rejected.
- Put the plastic tube holder (containing the filled serum tubes) in the biohazard bag with absorbent paper and seal it securely.
- Place the biohazard bag inside the mailing envelope with your completed, signed, and dated requisition form.
- Seal the envelope.
- Once posting/couriering of samples has been arranged, keep any tracking numbers issued by the courier / Royal Mail for future reference.

Hormonal Health™

Instructions for Serum Collection



Check Your Kit

- A - 2 serum collection tubes (in plastic holder with absorbent paper)
- B - 1 Biohazard bag
- C - 1 Bleed kit
- D - 1 Requisition (to be completed and signed)
- E - 1 Mailing envelope

● If any of the items are missing or expired, call the laboratory on 020 8336 7750.

● The appearance of the above kit components are for illustration use only and actual contents may vary slightly from that shown.

Step 1:

Important things to know and consider

- **Severe illness or hormone-modifying substances** such as tamoxifen, antibiotics, hormone replacement therapies, and herbal and nutritional supplements may influence test results. These circumstances will not interfere with the test but are likely to shift some of the results and may be used as clinical guidelines to customise therapy.
- **Synthetic hormones**, such as those in oral contraceptives and medroxyprogesterone acetate (Provera™) *will NOT be reflected on the test*. Similarly, only a fraction of the oestrogen in Premarin™ will be represented (in the oestrone measurement), although downstream metabolites may be affected.
- **Results for pre-menopausal women with irregular cycles** and difficulty determining stage of menstrual cycle *require careful interpretation* due to the cycle-dependent (luteal phase) reference ranges.

FOR THE PATIENT:

Schedule & Prepare for the blood draw

- **Schedule the blood draw according to the following recommendations:**
 - **Premenopausal women:** Draw the blood specimen between days 19 and 25 of the menstrual cycle.
 - **Menopausal women:** Draw the blood specimen on any day.
 - **Women on Hormone Replacement Therapies:** Draw the blood specimen approximately *8-10 hours AFTER the last dose* of any hormone-containing medication.
 - **Follow-up testing:** It is essential to collect the specimen on the same day of cycle or phase of hormone therapy as the previous sample.
 - Arrange to have the blood drawn on Monday – Thursday, for returning to the laboratory for next day delivery, to arrive by Friday.
- **Ensure the patient completes the requisition form** with all patient and payment details, and information requested in red regarding hormones. Be sure it is signed by the patient/ responsible party & dated on the date the sample is taken in the box labelled "Final Sample Date / Time."
- **Please note:** equipment provided is for the use of a qualified phlebotomist, doctor, or nurse only.

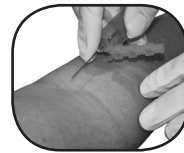
Step 2:

Blood Draw: For Clinician Use Only

Not following these instructions may affect your test results.



- 1 Write the patient's full name (first and last), date of birth, time and date of collection on the collection tubes.**



- 2 Draw blood to fill the tubes.**



- 3 Mix blood sample thoroughly by gently inverting the tube three times. Do not shake.**



- 4 Place the serum tubes into the plastic blood tube holder and seal. Store in a refrigerator until ready to ship. DO NOT FREEZE.**



- 5 Ensure the patient completes the requisition form, including the information requested in red regarding hormones. The test can not be processed without this information. Sign the form and enter the date in the box labelled 'Final sample date / time'.**