

Frequently Asked Questions

This section provides general information only. For additional details, please contact your healthcare provider.

1. How long does it take to process the test?

On average, 7-9 business days from the day it is received.

2. How much is the test?

For test fees, please contact your ordering healthcare provider.

3. I am taking a certain medication or supplement. Do I need to discontinue while doing the test?

Contact your healthcare provider for further clarification.

4. What if I collect improperly?

You may be able to continue your collection, or you may need to re-collect. Please contact your provider for instructions on how to proceed.

5. What if I brushed my teeth or consumed food less than an hour before collecting a sample?

You will need to re-collect. Please contact your healthcare provider to request a new kit

6. I am a resident of New York State. Can I do testing through your lab?

No. New York State has additional licensing requirements that we have chosen not to pursue at this time.

7. Can you send me an itemized statement?

If you send payment to the lab, we will send you an itemized statement. If you paid your healthcare provider, please contact them for a statement.

For additional information, please see Frequently Asked Questions on our website:

www.diagnotechs.com/patient-faq

Storage & Shipping Instructions

- Complete the patient portions of the test requisition form (front and back).
- Write your name and date of birth on all vials.
- Write your name and address on top of shipping box.
- Ship samples within 3 days of last collection (keep frozen until shipping).
- Include check or credit card information. Please do not send cash.
- Place vials, requisition form, and payment into shipping box.

US Domestic: Tuck front flap into box and seal with shipping label (included in box). Place label within dashed lines and adhere over front edge of box.

Send from your most convenient shipping location. Replacement and expedited shipping labels are available on our website:

www.diagnotechs.com/return-a-kit



International: Delivery charges do apply. Seal box with clear tape. International deliveries should be addressed to the physical address (see address provided below). Deliveries can be made Monday through Friday via a private courier of your choice. Discounted return shipping labels are available on our website:

www.diagnotechs.com/return-a-kit

DiagnosTechs, Inc.
Sample Processing
840 S 333rd St.
Federal Way, WA 98003 USA



Cycling Female Hormone Panels

Specimen Collection Instructions

Use this collection kit for the following panels:

Panels

- **FHP - Female Hormone Panel**
(includes 11 estradiol and 11 progesterone values, average testosterone and DHEA/DHEA-S values, and add-on hormones as requested)
- **eFHP - Expanded Female Hormone Panel**
(includes all FHP tests plus 7 LH and 7 FSH values)

Contents

11 blue-capped 5ml vials (FHP kits) or 11 green-capped 5ml vials containing dried preservative powder (eFHP kits) for saliva collection
2 Orange absorbent shipping pads
2 Resealable bags
Requisition form
Preprinted shipping label (U.S. only)



DiagnosTechs™

THE LEADING LAB IN SALIVA TESTING SINCE 1989

Before You Start

TEST INTENDED FOR:

- Women with cycle irregularities and complaints pertaining to the menstrual cycle
- Women with suspected hormone imbalance
- Fertility studies

TEST NOT INTENDED FOR:

- Pregnant women
- Women without ovaries
- Women using hormonal birth control, unless cyclical symptoms are present

NOTE: Consult your physician if using estradiol, progesterone, DHEA, testosterone, or any other drug or hormone. If you are using hormone creams or gels, your hormone results may not reflect a true baseline for 3 months or longer following discontinuation. Consult with your healthcare provider if you have any questions.

General Guidelines

Please read ALL instructions before starting to collect.

- There are 11 numbered vials in the kit. You must print your name (first and last) and your date of birth on every vial and on the front of the requisition form.
- If the length of your cycle during the month of collection is shorter than anticipated, you can send in the samples collected as long as at least seven vials are obtained. A minimum of seven vials are recommended for processing. If fewer than seven samples were obtained, please contact your healthcare provider for guidance on whether to send in your samples or retest with a new kit.
- Avoid overlapping collection from two consecutive cycles. A cycle is defined as the first day of menstrual flow of one cycle until the first day of menstrual flow of the following cycle. Do not collect beyond the start of the next menstruation unless your provider instructs you to do so.

- Choose the appropriate collection schedule:
Average Cycle length (typically 24-32 days) or
Prolonged Cycle length (typically 33-42 days).
- If you typically have a shortened cycle (20-23 days), you should increase the frequency of saliva collection to strive for 11 samples in that time frame.
- If you typically have a prolonged cycle that is longer than 42 days, consult with your healthcare provider for instructions.
- The collection schedules on the requisition form provide guidance on how many days to allow between collections. Please, do NOT collect on 11 consecutive days or collect multiple days into the same vial. Each vial should be collected on one of the indicated days for that vial, following the appropriate collection schedule. Enter the specific date you collect each sample on the schedule.
- If you are NOT cycling, please consult with your healthcare provider. If instructed by your provider, you may download and complete the Temperature Chart available at **www.diagnostechs.com** (under "Downloadable Forms" on the patient tab) to help determine the correct collection schedule before performing this test. Email completed chart to **ClientServices@diagnostechs.com**. Also, send a copy to your healthcare provider and ask your provider to phone us for guidance regarding timing of collection.
- For the most accurate results, collect all samples at approximately the same time of day (plus or minus one hour).

IMPORTANT:

Unless your healthcare provider instructs you otherwise, avoid taking dissolvable or sublingual hormone preparations (troches, pellets, or drops) for the entire month of collection.

Unless directed otherwise by your provider, avoid hormone creams and all other topical skin care products (anti-aging cream, moisturizers, lotions, serums, makeup, lip balm, lipstick, mascara, etc.) for the entire month of collection.

If you have any questions, please follow up with your healthcare provider.

Saliva Collection Instructions

60 minutes before each collection:

Avoid smoking, brushing or flossing your teeth, using mouthwash, and eating or drinking anything except water.

3-5 minutes before each collection:

Rinse mouth thoroughly with cold water for approximately 30 seconds. Wash hands before handling vials.

Collect saliva directly into the vial until at least half full (excluding bubbles). To reduce the amount of bubbles, cap vial and place in the freezer for 2-3 minutes. Remove vial from freezer and lightly tap vial on a hard surface. This should help to settle the bubbles and enable further collection.

If you have difficulty producing sufficient saliva:

Smell a lemon wedge, vinegar, or pickle juice; or smell your favorite food item to promote flow. Collect saliva 2-3 minutes later.

Cap vial tightly and **FREEZE** within hours of collection. **Do NOT leave samples refrigerated. Each saliva sample must be FROZEN after collection.**

Record the date you collect each sample under the corresponding vial number on the schedule located on the back of the requisition (order) form.

KEEP ALL SAMPLES FROZEN UNTIL THE DAY THEY ARE SHIPPED, AND SHIP ALL SAMPLES TOGETHER.

Follow the shipping instructions outlined on the back of this instruction pamphlet.

After **ALL** samples are collected, return them in the kit box with the **test requisition form**. Before shipping, double-check that your name and date of birth are printed on each vial and the front of the test requisition form.