

Frequently Asked Questions

This section is to provide general information only. For additional details, please contact your provider directly. Please do not call the lab, as we are only able to take medication and supplement calls directly from healthcare providers.

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. Please do not contact the lab.

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

Contact your physician for further clarification. Please do not contact the lab.

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. Please do not contact the lab.

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

You may need to re-collect. Contact your physician for further clarification. Please do not contact the lab.

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 us directly, we will automatically send you an itemized insurance statement. If you paid your physician, please contact him or her for a statement.

Storage & Mailing Instructions for All Specimens

- Complete the patient portions of the test requisition form (front and back).
- Write name and date of birth on all vials.
- Write 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 and copy of your Medicare or insurance card if applicable. Please do not send cash.
- Place vials, requisition form, and payment into shipping box.

- **US Domestic:** Tuck front flap into box and seal with UPS mailing label (included in box). Place label within dashed lines and adhere over front edge. Send from your most convenient UPS location. Replacement and expedited UPS labels are available on our website. See below for more details.



- **International:** Delivery charges do apply. Seal box with clear tape. International deliveries should be addressed to the physical address only (see address provided below). Deliveries can be made Monday through Friday via a private courier of your choice. Discounted return UPS labels are available on our website at www.diagnotechs.com/Pages/ShippingInfo.aspx www.UPS.com/dropoff • 800.742.5877

Diagnos-Techs, Inc.

Sample Processing
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Cycling Female Hormone Panels

Specimen Collection Instructions

Use this collection kit for the following panels:

Panels

- **FHP - Female Hormone Panel** (includes 11 estradiol values, 11 progesterone values, testosterone pooled value, and DHEA/DHEA-S pooled value)
- **eFHP - Expanded Female Hormone Panel** (includes FHP plus 7 LH values 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 mailing label (U.S. only)



DiagnosTechs™

THE LEADING LAB IN SALIVA TESTING SINCE 1989

Before You Start

TEST INTENDED FOR:

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

TEST NOT INTENDED FOR:

- Women without a period for > 1 year
- Pregnant women
- Male patients
- Women without ovaries
- Women on hormonal birth control in the past six months

NOTE: Consult your physician if using ketoconazole (Nizoral®), fluconazole (Diflucan®), spironolactone, progesterone, corticosteroids (including hydrocortisone preparations), 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 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 period of collection is shorter than anticipated, you can still send in the samples collected as long as at least seven vials are obtained. A minimum of seven vials are required for processing. If fewer than seven samples are obtained, discard the vials and 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.
- 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 collection to strive for 11 samples in that time frame.
- 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.
- If you are **NOT** cycling, please download and complete the Temperature Chart available at www.diagnostechs.com (under “Downloadable Forms” on the patient tab to determine the correct collection schedule before performing this test. Fax completed charts to (425) 251-0637 and supply a copy to your provider. Then have your provider phone us for guidance regarding timing of collection.
- For most accurate results, collect all samples at approximately the same time of day (plus or minus one hour).

IMPORTANT! Unless your provider instructs you otherwise, avoid taking sublingual/transmucosal hormone preparations (troches, pellets, drops) for the period of collection. Instead, swallow these preparations orally (for liquid preparations, mix with a few ounces of water). You can return to sublingual dosing once the entire cycle of collection is complete. Regardless of hormone form, skip your dose on the evening prior to collection and resume hormones only after sample has been collected. If you have any questions, please follow up with your 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 prior to 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:

Chew dental grade paraffin wax; 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. Record the date you collected each sample under the corresponding vial number on the schedule located on the back of the requisition 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 along with the **test requisition form** (do not include this instruction pamphlet). Prior to shipping, double check that your name and date of birth are printed on each vial and the front of the test requisition form.