

Shipping Preparation

When to schedule your shipment

- Please ship your samples as soon as possible. If you cannot ship your samples the same day you finish your collection, such as over a weekend or holiday, leave plastic tubes in the freezer until you are ready to ship. **DO NOT** store for more than three days.

When you are ready to ship

- Ensure that you have provided the following information:
 - Saliva tubes: make sure that you have filled out all information on the labels and have attached them to the correct saliva tube.
 - Personal Information Form: make sure the form is completed and that you have noted your start and end time for each collection.
- Prepare your shipment:
 - Place the bio-hazard bag containing your samples into the supplied box along with your completed Personal Information Form.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



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Male Hormones Plus

ENG

Welcome To Your Test Kit

You have chosen to do a Male Hormone Plus Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

Please read the instructions carefully and follow them step by step. In this kit you will find all the material needed for your collection. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email info@nordic-labs.com.

Check Your Kit

Shipping Materials

- Box containing the collection kit (**keep this box for returning your samples**)
- Shipping Instruction
- Return shipping materials

Collection Materials

- 1 x Bio-hazard bag with absorbent pad
- 5 x White-capped saliva tubes
- 2 x Blue-capped saliva tubes
- 7 x Labels, numbered 1-7

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email testkits@nordicgroup.eu

Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

Preparation

This test should be collected over the course of **ONE DAY**. Starting upon waking and finishing the following morning. The sample collection times must be strictly followed to provide your healthcare provider with accurate results. **Consider waking at 6am on the day of collection.**

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

Prior to collection

- Certain medications may influence results, however there are no known interfering medications.
- Do not change or discontinue medications unless instructed to do so by your healthcare provider.

One hour before collection

- One hour prior to EACH collection do not eat, brush or floss teeth, use mouthwash, lip balm, chewing gum or any tobacco products; you may drink ONLY water during this time.
- Remove all Lip balm and lipstick before collection.

Collection Schedule

Please refer to this chart for when to collect each sample throughout the day:

Specimen Intervals	Which vials to use
WAKING (Use label #1) Collect within 5 minutes waking	USE BLUE-CAPPED VIAL AND FILL TO 1ML
WAKING (Use label #2) Collect within 5 minutes waking	USE BLUE-CAPPED VIAL AND FILL TO 1ML
Collect Between 7:00AM - 9:00AM (Use label #3)	USE WHITE-CAPPED VIAL AND FILL TO 3ML
Collect Between 11:00AM - 1:00PM (Use label #4)	USE WHITE-CAPPED VIAL AND FILL TO 3ML
Collect Between 3:00PM - 5:00PM (Use label #5)	USE WHITE-CAPPED VIAL AND FILL TO 3ML
Collect Between 10:00PM - 12:00AM (Use label #6)	USE WHITE-CAPPED VIAL AND FILL TO 3ML
Collect Between 2.30AM - 3:30AM (Use label #7)	USE WHITE-CAPPED VIAL AND FILL TO 3ML

Patients on Hormone Therapy

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.

Night of Collection

Prior to your 2:30AM - 3:30AM collection, place your collection tube (with a completed label) at your bedside, along with a glass of water and a low level light. Do not turn on a bright light, it will cause your melatonin level to drop.

Collection Procedure



Step 1:

Write your name, date of birth, date of collection and start and stop time of each collection on the label and attach it to the tube. Please also make a note of your start and stop times for each collection on your Personal Information Form.



Step 4:

You must fill each tube to the designated level without bubble or mucus. Allow any froth to settle before finishing.
Blue-capped vials - 1ml
White-capped vials - 3ml



Step 2:

Rinse mouth with water about five minutes prior to collection.



Step 5:

When done, securely replace the cap tightly to avoid leakage then place it back into the bio-hazard bag and freeze immediately. Samples must be frozen for a minimum of two hours prior to shipping. Keep samples frozen until you are ready to ship.



Step 3:

Begin collecting saliva by first allowing saliva to pool in your mouth. Then spit into the tube within five minutes.

**REPEAT
STEPS 1-5**

Step 6:

Repeat steps 1-5 for each collection, following the times on the 'Collection Schedule'.

Tips for a successful sample collection

- If experiencing a dry mouth, try to stimulate saliva flow by pressing tip of tongue against teeth; smelling (not eating) a lemon or other food; or yawning.
- Rinse your mouth with water and spit it out completely prior to each collection.