



Welcome To Your Test Kit

You have chosen to do a E2, TSH, FT4, FSH & LH 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.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. 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.

See how to collect your sample using this link: nordicvms.com/bloodENG

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Test Questionnaire
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**only included if you are shipping from a non-EU country**)

Collection Materials

Blood Spot Collection

- 2 x Blood Spot Cards
- 6 x Lancets
- 4 x Plasters
- 4 x Alcohol prep pad
- 2 x Sterile gauze pad pack
- 1 x Resealable bag

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.



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Preparation

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.
- Test Questionnaire: fill out BOTH sides of the questionnaire.

Prior to collection

- Read all instructions thoroughly and decide the ideal days for you to test. Mark them on your calendar.
- Samples may be collected during the same cycle as fertility medications (e.g. clomid, letrozole). Make sure to note them on your Test Questionnaire.
- Failure to follow instructions may compromise the clinical usefulness of your lab results.
- Avoid anti-aging/anti-wrinkle facial creams for three days prior to collecting your sample as they may contain undisclosed hormones.

Men, Non-Menstruating Woman & Children

- You will collect two Blood Spot Cards. You may collect on any day of the month.

Menstruating Woman

- You will collect **two** Blood Spot Cards (one follicular, one luteal)
- **Follicular:** Collect a Blood Spot Card on day three or four of your menstrual cycle (day1 = 1st day of bleeding).
- **Luteal:** Collect a Blood Spot Card using guidelines below:
 - **Regular Cycles:** If known, collect seven days after LH surge/ovulation. If unknown, collect day 19, 20 or 21 of the cycle.
 - **Long Cycles (over 28 days):** If known, collect seven days after positive LH surge/ovulation. If unknown, collect on day 21.
 - **Short Cycles (Less than 23 Days):** If known, collect five days after positive LH surge/ovulation. If unknown, collect on day 15.
 - **Unpredictable:** Collect any that that you are not bleeding.

If you are taking hormones

- Bloodspot Collection: If you are currently undergoing hormone therapy, read the schedule below carefully and consult your practitioner if you have any doubts or further questions.

Hormone Type	Timing
Topical or Oral	<p>The day before testing, continue use of hormones as prescribed. Important: make sure any night dosage is applied at least 12 hours before planned morning collection (for example, dose before 8:00 PM for an 8:00 AM collection).</p> <p>If using oral progesterone, your dosage can be right before bed.</p> <p>To avoid direct contamination of your sample during collection:</p> <ul style="list-style-type: none">• Do not use bare hands for topical hormone application for at least two days prior to sample collection.• Do not apply hormones to face, neck or lips for at least two days prior to collection (apply hormones using latex gloves or preferably hormone-loaded syringe or applicator).• Make sure that all surfaces you come in contact with, such as worktops, door handles, taps, towels etc. are clean and free of hormone residue (change sheets, pillowcases and hand towels the night before collecting).
Troches or Sublingual Therapies	Do not use DHEA supplementation sublingually 36 hours prior to testing.
7-Keto DHEA	Avoid for 3 days prior to collecting. Does not apply to regular DHEA.
Steroids (e.g. glucocorticoids, hydrocortisone, prednisone)	Contact your health practitioner about appropriate timing.
Patches, Vaginal Rings, Pellets or Injectables	Test half-way between doses. For example, collect 3 days after a once a week patch or 2 weeks after a once a month injection. If you are doing daily morning injections, do injections after collecting your sample; nightly injections take as usual BUT make a note of it on your Test Questionnaire.

When to schedule your collection

Unless otherwise directed by your practitioner, use this timetable as a guide to time your collections.

Collection Timetable	When to Collect
Blood Spot Card - Follicular phase of menstrual cycle	Upon waking
Blood Spot Card - Luteal phase of menstrual cycle	Upon waking

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 the Blood Spot Cards at room temperature until you are ready to ship. **DO NOT** store for more than 3 days.

When you are ready to ship

- Ensure that you have provided the following information:
 - Blood Spot Cards: make sure that you have filled out all information on the back of the cards.
 - Personal Information Form: make sure the form is completed.
 - Test Questionnaire: make sure BOTH sides of the questionnaire are completed.
 - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the resealable plastic bag containing your samples along with the completed Test Questionnaire and the Personal Information Form into the supplied box.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).

Blood Spot Collection Procedure

Tips for a successful blood spot collection

- Do not touch filter paper area with your hands.
- Collect only when your hands are warm. You can warm your hands by rubbing them together and swinging your arms or rub hands under warm water as this encourages blood flow. Moving around will also increase your blood flow, so try moving around before starting collection.
- You may use a belt or item of clothing as a tourniquet to encourage blood flow. Tie item firmly around the upper portion of the arm that will be used for collection.
- Preferably stand up and keep your hand at waist level during collection, this will encourage blood flow.
- Do not touch the drop of blood onto the circles. Rather, allow the blood to drop from your finger onto the card.
- Collect enough blood so that ALL circles are completely filled.

Acceptable collection card example



Unacceptable collection card example



Collection Procedure



Step 1:

Write your full name, date and time of collection on the back of the Blood Spot Card. Also note date and time of collection on the Personal Information Form.



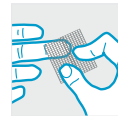
Step 2:

Before collecting blood, wash and dry your hands with a clean towel and open the sterile gauze pad for later use.



Step 3:

Position the Blood Spot Card on a suitable surface (below waist level) so that the collection circles are facing upwards.



Step 4:

Select a finger to draw blood from (middle or ring finger of non-dominant hand is typically best). Open an alcohol pad and use it to wipe finger. Allow finger to dry for at least one minute.



Step 5:

Pick up a lancet and hold the thick end of the lancet. Twist the narrow tab at the opposite end and remove. The lancet is now primed.



Step 6:

Press the now exposed white tip firmly against your fingertip to release the needle. Once the needle has made a small puncture in your finger, it will immediately retract and is then safe to dispose of. Wipe away the first blood drop with the sterile gauze pad.



Step 7:

Using your thumb, gently massage (do not squeeze) the entire length of the pricked finger to form blood drop.



Step 8:

When the blood is ready to fall, let it drop onto the center of the circle. Continue collection until ALL circles have been filled (to fill all the circles you may have to repeat from step 4).



Step 9:

When you have filled all circles on the Blood Spot Card, blot finger dry with the sterile gauze pad and apply a plaster.



Step 10:

Allow the card to dry for a minimum of four hours. Once dry, place it into the supplied resealable plastic bag. Store in a cool dry place until ready to ship.

- Repeat ALL steps for your next blood spot collection.