

## Hormone Testing – ZRT test kit use

### Salivary Tests

1. Always obtain specimen **12 hours** after last dose of hormone. This does not apply to estrogen patches obviously. If using progesterone at bedtime then obtain specimen in the morning. If you apply testosterone in the morning then obtain specimen in the evening.
2. Open the test kit but do not touch anything inside of it until AFTER you have washed your hands thoroughly.
3. Wash hands and face thoroughly to remove any hormone on the skin before touching ANYTHING inside the test kit.
4. Avoid touching or handling the “opening” of the collection tube to avoid contamination.
5. Use the LARGE test tube in the kit to collect your specimen. The small tubes are not for hormones testing.
6. Once specimen is obtained seal and package the tube for shipment. If specimen was collected at night then store it in the freezer overnight.

### Blood Spot Tests

1. Always obtain specimen **12 hours** after last dose of hormone. This does not apply to estrogen patches obviously. If using progesterone at bedtime then obtain specimen in the morning. If you apply testosterone in the morning then obtain specimen in the evening.
2. Never obtain specimen from a hand or finger that is dominantly used to apply hormone cream or that handles hormone patches. We recommend the ring or little finger.
3. Select a non-dominant finger for sample collection and avoid contact with hormone to the intended finger for 3 days prior to collection. This will reduce risk of contamination.
4. Open the test kit and leave it on the counter. DO NOT touch anything inside the kit until AFTER you have thoroughly washed you hands.
5. Run **warm/hot water** over the hand or finger that is intended for specimen as this will encourage better blood flow into that hand allowing for easier acquisition of specimen.
6. Hang the hand **down** in a dependent position while obtaining specimen to facilitate blood flow.
7. After pricking finger and obtaining specimen, let air dry as per package instructions and then seal the specimen and prepare it for shipment before administering that day’s hormone dose.