

Hormone User's Guide to Blood Spot Collection

If discontinuing hormone therapy, we advise waiting 6 weeks until collecting your sample. The list below shows medications and supplements that may affect test results but it is not intended to be a comprehensive list of all medications, including hormonal therapies, that may affect your results. Please consult with your healthcare provider if you have questions about how your medication may affect test results.

PRESCRIPTION: Mirena IUD, Skyla IUD, Kyleena IUD, Nexplanon, Combined Oral Contraceptive Pills, Progestin Only Oral Contraceptive Pills (MiniPill), Combined Hormone Replacement, Progestin Only Hormone Replacement, Estrogen Only Hormone Replacement (including vaginal), Spironolactone

OVER-THE-COUNTER: Soy Supplements, Chasteberry, Red Clover, DHEAS, Thyroid Supplements

Important Reminder

Visit www.everlywell.com/register and complete your registration.

The lab **can only** process your sample if you:

- register your kit
- fill out the collection card and tube
- provide enough sample

15-EVM-WH-r010

everlywell.com/orders

Check the status of your order any time by going to

3. We'll email you as soon as your results arrive.

2. A board-certified physician will review your results and securely transmit them to us.

1. Once your kit is received, the lab will process your sample, assuming it passes all quality checks. We'll contact you if there are any issues.

What's next?

Women's Health Test

Instructions

Your kit includes:



Alcohol prep pad



Collection cards



Lancets



Biohazard bags



Lab form



Gauze pad



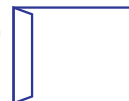
Bandage



Saliva collection tubes



Return label



Return envelope

Questions?
support.everlywell.com

Collection Timing

Please collect samples in the order listed below for optimal specimen quality:

FIRST COLLECTION: Day 3-4 of menstrual cycle

(Day 1 = first day of period)

- Collect blood spot - fill all circles on the 1st collection card.

SECOND COLLECTION: Day 19-21 of menstrual cycle

- Collect blood spot - fill all circles on the 2nd collection card.
- Collect all 4 saliva samples.

* If your cycles are irregularly short (<19 days) or long (>35 days), it is recommended you talk to your doctor.

If you have had no cycles for at least 3 months, you may collect any day of the month and all samples can be collected on the same day.

1 Register Your Unique Kit ID

You **must** register your kit at [everlywell.com/register](https://www.everlywell.com/register) before you collect. This lab cannot process your sample if this step is missed!

2 Prep

Drink a glass of water 30 minutes before collecting sample. You will collect 2 blood samples at different times but send all samples back together. Remove contents of the Everlywell box. **It's essential to get your blood flowing before you collect.** Do this by warming your hands with hot water for at least 1 minute and then shaking them at your sides for 15-20 seconds.

3 Collect Blood

Write your name, date of birth, and collection date on the collection card.



STEP 1

Select your ring fingertip and clean the desired puncture site using the alcohol prep pad. Puncture site should be on the right or left side of selected fingers.



STEP 2

Fold collection card open on a flat surface. Remove and discard the plastic safety end on the lancet by twisting and pulling it.



STEP 3

Please note that the lancet will only activate and puncture once. Place your finger against a firm surface. To activate the lancet, press down until an audible click is heard.



STEP 4

Without touching the card, allow large drops to form and fall into every circle on the collection card for both collections. **Make sure that your blood soaks through the back of the card.** Leave card out for at least 30 minutes until it's completely dry. Apply band-aid.

4 Collect Saliva

Complete your first collection within 30 minutes of waking. The remaining collection times **should be at least 2 hours apart from each other during key times of the day:** Morning (7-9 AM), Midday (noon-2 PM), Early evening (5-6 PM), Night (9-11 PM)

- **Do not** use lip products on day of saliva collection.



STEP 1

Write your name, date of birth, and collection time on the saliva tube.



STEP 2

Unscrew the lid. Collect enough saliva until the tube is at least 75% full (not including bubbles).



STEP 3

Tightly cap the saliva tube.



STEP 4

Place the saliva tube in the biohazard bag, seal it, and prepare for shipment.

5 Return

Make sure you filled out all of the required information on each of your samples. Put your collection cards in the biohazard bag with the silica gel packet, and your saliva samples in the other. Carefully fill out the lab form. Then, place your samples and lab form in the box. Place the box in the return envelope using the shipping label provided inside the box. You're ready to ship.

Collection Tips

You must collect all saliva samples at key times of the day (morning, noon, evening, night) **at least 2 hours apart.**

Squeeze the base of your finger with your free hand to produce more blood flow.

Do not touch the card (allow full drops to form and gently fall onto the paper).

Do not allow multiple drops in the same circle (no overlapping).

Do not use heat to assist drying.

