



State-of-the-art Science. Superior Solutions.

Bloodspot Profile

Need more information?

Please see our instructional videos at  
[www.PhysiciansLab.com](http://www.PhysiciansLab.com) or call **877.316.8686**

Accession #



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# Bloodspot Specimen Collection Log

**IMPORTANT: Record collection date/time and return this card with your sample. Kits received without this information will be rejected.**

**Collection Day:** \_\_\_\_/\_\_\_\_/\_\_\_\_ mm/dd/yy

**Collection Time:** \_\_\_\_:\_\_\_\_

In the case that urine and bloodspot specimens are under the same order, if the collection time is missing for either it will be assumed that the collection of the first morning urine and blood spot are the same.

## When To Collect?

**Cycling Female:** Collect 19-22 days after start of last period (if cycle is regularly between 26 and 30 days). If cycle is irregular or outside of this range, please call Customer Service at 877.316.8686.

**Menopausal Female:** Collect any day.

**Male:** Collect any day.

**All collection tips provided to you must be completely saturated in order for the Lab to process your samples.**

**Timing:** collect sample first thing in the morning prior to taking daily medications and supplements.

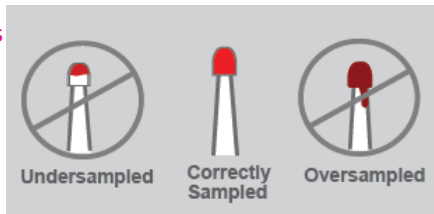
**Fasting:** Refrain from eating or drinking for 8 hours prior to collection.

**Avoid supplements containing Biotin for 3-5 days before testing**

**Preventing hormone cream contamination:** Use gloves to apply hormone creams for at least 5 days prior to collection. Avoid touching anything that could have hormone creams prior to collection (sheets, towels, bathroom surfaces, doorknobs, etc.). Wash hands/fingertips thoroughly prior to collection.

## Important Steps For Collecting Your Samples

- ▼ **Rub hands together or run hands under warm water for 2 minutes to improve blood flow. Brief exercise can also help.**
- ▼ After triggering the lancet, firmly press and slightly twist the lancet against the incision to allow greater blood flow.
- ▼ Wipe away the first drop of blood to prevent clotting too soon.



## Preparing Your Kit For Return

- ▼ **Collection tips must be completely saturated in order for the lab to process your samples.**
- ▼ Insert Clamshell into specimen bag, seal bag shut, and insert into test kit for return shipping back to the lab.
- ▼ Include this Collection Date and Time card within your kit.

## Shipping

- ▼ Place return kit immediately in the pre-paid FedEx shipping envelope provided.
- ▼ Bring return kit to any certified FedEx drop off, drop box or local FedEx office.



For questions regarding sample collection, please call Physicians Lab's patient advocate team at (877)316-8686