

# Blood Spot Testing

Please read all instructions prior to collection

**COLLECTION**  
chart on back  
panel

**Review the “Users Guide(s) to Collection” on the back panel** for collection timing. We also strongly recommend you view our quick video on how to best collect a blood spot sample at [www.bloodspotvideo.com](http://www.bloodspotvideo.com) or [www.zrtlab.com](http://www.zrtlab.com). Large type instructions are available online at [www.zrtlab.com](http://www.zrtlab.com)

**Collect your sample** the morning within 30 minutes of waking, and before eating or drinking anything (except water).

**If you are testing blood lipids or other CardioMetabolic Profile tests** (e.g. insulin, HbA1c, hsCRP) you will need to fast (no food or drink other than water) 10-12 hours overnight before collecting your blood spots in the morning.

**If you are testing FSH** for fertility reasons, collect on day three of the menstrual cycle.

**Test Results:** Completion of the hormone tests typically takes about 3-5 days from the date ZRT receives your sample. Test results are returned to the health care provider who ordered them; you may obtain a copy there.

**DISCLAIMER:** ZRT Laboratory is a testing facility only, and does not diagnose, treat, or recommend treatment for medical conditions.

LABORATORY TESTING MADE SIMPLE  
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**ZRT Laboratory**

# 1 PREPARE CONTENTS

Collect on a flat surface such as a table



1. Lay out the kit contents
2. Print name, date, and time on blood spot card.
3. Open the flap of the blood spot card and fold it back, away from the collection circles.
4. Tape the filter card flat as shown (below waist level) with flap hanging down and away.
5. Open alcohol prep pad, sterile gauze; place on table.
6. Wash hands with soap and warm water.
7. Dry hands with CLEAN towel.
8. Select finger to draw blood from (middle or ring finger of non-dominant hand is best).
9. Wipe finger with alcohol prep pad & allow to dry for 15-30 sec.

**NOTE:** To encourage blood flow, before nicking finger rub hands together and/or run hand under warm water.

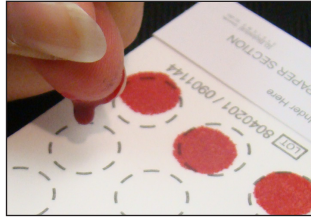
# 2 NICK FINGER



1. Pick up lancet, twist off cap, and press small white section firmly against the side of finger tip until lancet clicks.
2. Quickly wipe away the first blood drop with the sterile gauze pad.

**TIPS:** Collect so that your hand is below your waist, allowing gravity to assist with blood flow. If blood stops flowing before you are finished, use the sterile gauze pad to firmly wipe nick to start blood flowing again or use a second lancet.

# 3 PLACE DROPS

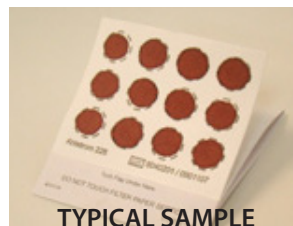


1. Position nicked finger over circle of blood spot card and gently milk blood from the finger.
2. As blood drop forms and is ready to fall, touch it to the center of the circle (one drop per circle).
3. Move to the next empty circle and continue collection until all circles have been filled.
4. When finished, wash hands and apply bandage to finger.

## DO NOT:

- touch filter paper with finger
- smear blood onto filter paper
- overlap blood spots

# 4 COMPLETE PAPERWORK



1. Leave blood spot card open to dry, minimum 30 minutes.
2. Once dry, close flap.
3. Complete ALL sections of the Test Requisition.
4. Place everything INSIDE the test kit box and snap lid shut. Be sure to include:
  - Collection date & time
  - Hormone usage
  - Hormones to be tested (unless pre-marked on paperwork)
5. Place entire test kit box inside the return packaging.
6. Affix the prepaid label or postage if required.
7. Return using the appropriate carrier, retain tracking information if provided.

## Non-Hormone Users Guide to Collection

WOMEN	COLLECT
<b>Regular Periods</b>	Day 19, 20, or 21 of cycle (first day of bleeding = day 1)
<b>Irregular Periods</b>	Collect when not bleeding (5 days before expected period)
<b>No Periods</b> and/or women testing only Cortisol or DHEA-S	Any day of the month
<b>MEN</b>	Any day of the month

## Hormone Users Guide to Collection

PLEASE NOTE: You do NOT need to stop current hormone therapy prior to blood collection. Continue to use hormones as usual and follow chart below for optimal timing of blood collection.

HORMONE TYPE	IDEAL TIME TO COLLECT SAMPLE
<b>Pills</b> (Oral and Sublingual)	8-12 hours AFTER last dose
<b>Patches</b>	1-2 days after applying patch
<b>Injections/Pellets</b>	Midpoint between injection/pellet inserts
<b>Topical Gels, Creams, Sprays*</b>	12-24 hours AFTER last dose
THE FOLLOWING ALSO QUALIFY AS HORMONES (not limited to): Birth control, melatonin, cortisol, hydrocortisone, creams containing pregnenolone and/or placental derivatives. Collect as above.	

If you collect blood spots outside the recommended time frame above, this may result in hormone levels lower or higher than ZRT reference ranges for hormone users.

**\*Topical Hormone Users should follow the instructions below to avoid direct contamination of the fingers used for blood collection.**

- ▶ Do NOT use bare hands for topical hormone application for at least two days prior to blood collection (apply hormones using latex gloves or other device such as hormone-loaded syringe or applicator).
- ▶ Apply hormones to areas of the body that can be covered by clothing so fingers are less likely to make contact with hormone-treated skin.
- ▶ Wash hands with soap and water after each application of hormones.
- ▶ Keep bathroom door knobs, faucet, towels, etc. free of topical hormones.