

## When to Collect

### Post-menopausal women

Collect blood 1-4 hours after applying progesterone cream.

Due to lower hormone levels post-menopause, certain progesterone metabolite levels will likely be below detection limits. This test should only be done when you are on progesterone cream therapy. Desired progesterone metabolite levels can be achieved when 25-100mg progesterone cream is applied intra-vaginally or to the labia. Oral progesterone does not raise metabolite levels sufficiently.

### Women with regular menstrual cycles

should collect on days 17-27 of a 28-day menstrual cycle. Day 1 of the menstrual cycle is the first day of bleeding. If your monthly cycle is longer or shorter than 28 days, add or subtract a corresponding number of days and adjust the collection date. For example, if you have a 30 day cycle, add two days and collect on days 19-29.

### Women with irregular menstrual cycles

consult with your clinician about when to collect or use a commercial ovulation prediction kit and collect 3 to 13 days after ovulation date.

## Prior to Collection

- Please complete the Hormone Questionnaire included in this test kit and return it with the test specimen.
- An 8-12 hour fast from fat-containing foods is required prior to serum sample collection.

### Caution

Do not use this product if you have a blood clotting disorder or are using prescribed blood thinning medications, unless otherwise advised by your healthcare provider.



Meridian  
Valley LAB



## Bloodspot Collection Instructions for Progesterone Metabolites



Meridian  
Valley LAB

6839 Fort Dent Way. Ste. 206  
Tukwila, WA 98188

Tel: 206.209.4200

Toll free: 855.405.TEST

info@meridianvalleylab.com

MeridianValleyLab.com

1



Fold back cover of bloodspot collection card, lay on a flat dry surface.

2



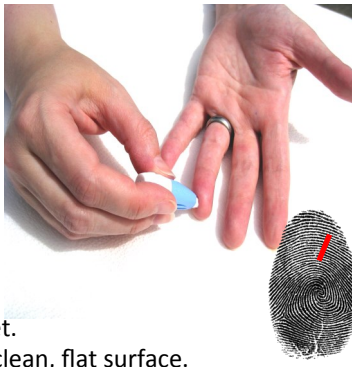
Choose a puncture site off center side of your ring or middle finger, shaded area in the above picture. Ensure that the site is hot by soaking hands in a bowl of warm water, dry hands before collecting. Hot fingers will ensure better blood flow. Wipe the puncture site clean with provided alcohol prep pad.

3



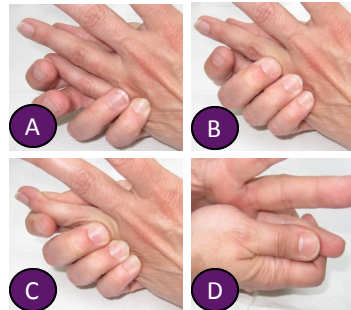
Apply rubber band to forearm to act as a tourniquet. This will promote blood flow to fingers for an easier collection.

4



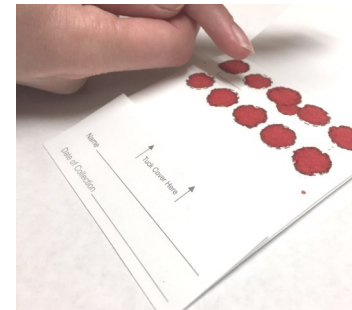
1. Twist the cap off lancet.
2. Place your hand on a clean, flat surface.
3. Make sure the lancet blade is going against the grain of the fingerprint (diagram above).
4. Firmly press against your finger at the chosen puncture site.
5. Lancet is pressure activated and will only trigger once.

5



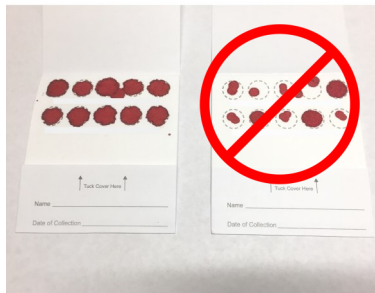
Gently milk the hand and finger in a downward motion, allowing time between squeezes for blood to flow into the finger. Do not squeeze the finger too hard or continuously as this may cut off blood flow to the finger completely.

6



When a large hanging droplet of blood forms, touch the droplet to the center of one of the collection circles, without allowing the finger to touch the card. **Fill each circle completely**, this normally requires two or more large droplets per circle. Circles must be completely filled; it is okay to go outside of the collection area. Be certain that the blood has completely soaked through to the backside of the card.

7



If necessary, use additional lancets on other fingers to complete the collection. It is important to thoroughly soak the collection circles thoroughly with blood otherwise samples may be rejected by laboratory. Above are pictures of an acceptable collection card (left) and one that will be rejected (right).

8



Use the cotton balls to stop blood flow. Apply adhesive bandage if needed.

9



Allow bloodspot card to air-dry overnight before folding cover over top of the collection circles. Avoid exposure to direct sunlight, extreme temperatures, or humidity. Once thoroughly dry, fold cover over dried bloodspot circles. Place into provided biohazard bag and seal shut. Place biohazard bag and requisition form in provided return envelope and mail.