



Instructions for:	Progesterone Metabolites Profile (Serum)	Kit Contents:	
When to ship:	Monday-Thursday	1 Requisition form	1 Ice pack
DO NOT SHIP the day before an observed holiday.	Observed holidays: New Years Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and following Friday, and Christmas Day.	1 Instruction sheet	1 Biohazard Bag
Notes for this test:	Please complete the Hormone Questionnaire included in this test kit and return it with the test specimen. 8-12 hours fat-containing food fasting is required prior to serum sample collection	1 Questionnaire	1 Styrofoam container
		1 Red Top Tube	1 Cardboard outer box
		1 Transfer Tube	1 UPS Lab Pak
		1 Disposable Pipette	1 UPS Return label

Prior to Collection

Before starting collection, review all of the collection instructions.

- Place the Styrofoam lid of the kit, which contains the ice pack, into the freezer prior to starting collection. Be sure to keep the ice pack inside the lid when freezing. Not doing so may result in the ice pack expanding so that it will not fit in the lid.
- 8-12 hours fat-containing food fasting is required prior to serum sample collection.
- For post-menopausal women, have the blood drawn 1-4 hours after applying progesterone cream.

What day to collect:

- **Post-menopausal women:** 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. Oral progesterone does not raise metabolite levels significantly. Desired progesterone metabolite levels can be achieved when 25-100mg progesterone cream is applied labially.
- **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.

Collection Instructions:

- Draw a red top tube completely; allow at least 15- 30 minutes for the blood to clot.
- Centrifuge for at least 10 minutes.
- Pipette the separated serum into the transfer tube. A minimum of 2mL of serum is required. **Do not pick up any Red blood cells.** Hemolysis or red blood cells in serum will be rejected.
- Label the transfer tube with the patient's name and date collected.
- Freeze the serum tube immediately. Keep frozen until ready to ship.
- Complete the enclosed questionnaire and requisition form; include payment (if required)

Shipping Your Test Back to the Lab:

- Place the frozen transfer tube in the biohazard bag.
- Place the requisition and questionnaire in the outside pocket of the biohazard bag.
- Place the biohazard bag next to the frozen ice pack in the Styrofoam container.
- Place the Styrofoam container in the cardboard shipping box.
- Place the shipping box in the UPS lab pak and seal securely
- Place return shipping label with barcode on outside of UPS lab pak.
- Save return receipt with the tracking number for your records.

To schedule a pick-up:

UPS: 1-800-742-5877

To find a drop-off location:

UPS: https://www.ups.com/dropoff?loc=en_US