



# Male/Female Hormone (Serum) – KIT

## COLLECTION & CONTENTS

– FOLLOW INSTRUCTIONS CAREFULLY –  
IMPROPER COLLECTION MAY INVALIDATE RESULTS

### KIT CONTENTS

- 1 – Cold Pack
- 1 – Requisition Form
- 1 – Silver Insulated Envelope
- 1 – Prepaid Shipping Label
- 1 – Laboratory Shipping Pack
- 2 – Serum Separator Tubes (SST)

*Contact Us if any items are damaged or missing*

### Collection Requirements

None

### Shipping Requirements

Ship samples Monday — Friday

### Sample Stability

We ask that samples are shipped within 14 days of collection.

**A Targeted Approach to Wellness**

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**NOTE:** Please review all instructions and collection kit components before starting your sample collection. DO NOT discontinue taking prescription medications unless directed by your physician.



## Specimen Collection Instructions

1. Place cold pack in freezer for at least 4-6 hours minimum before shipping.
2. Collect the blood in the SST's.
3. Invert the SST tube gently 6 times.
4. Using a permanent marker, write the patient's first and last name, date of birth, and date of collection on each sample tube.
5. Store the sample in a 2-8°C refrigerator until ready to ship. Do not freeze. Frozen samples will not be processed.



## Shipping Instructions

1. Make sure the specimen tubes are properly labeled.  
**Improperly labeled tubes cannot be processed.**
2. Place the tube(s) inside of the biohazard bag and seal the bag. Do not remove the gauze pad.
3. Complete the Test Requisition Form, fold and place the form within the outer pocket of the biohazard bag.
4. Place the biohazard bag into the silver insulated envelope.
5. Place the cold pack inside the silver insulated envelope.
6. Seal the envelope and place it inside the kit box.
7. Place the kit box inside the lab mailing pack.
8. Attach prepaid shipping label. Record the tracking number on the shipping label for your records.
9. Take the package to any UPS storefront location or call them to schedule a pickup.



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