

# Famlee Fertility

## TESTING INSTRUCTIONS



View the  
collection video at  
[www.famlee.com](http://www.famlee.com)

### 1 Choose your collection day

- Read all instructions thoroughly and decide the ideal days for you to test. Mark them on your calendar.
- It is not recommended to collect samples during the same cycle as fertility medications.
- Failure to follow instructions may compromise the clinical usefulness of your lab results. Please contact your health care provider or Famlee Fertility if you need assistance.

#### Menstruating Women

You will collect 2 full blood spot cards (one follicular, one luteal).  
An extra card is included in case of errors.

#### FOLLICULAR

Collect a full blood spot card on day 2 or 3 of your menstrual cycle. (Day 1 = 1<sup>st</sup> day of bleeding)

#### LUTEAL

Collect a full blood spot card using guidelines below.

- **Regular cycles:** If known, collect 7 days after LH surge/ovulation or 7 days before your expected period. If unknown, collect on Day 21 of the cycle.

- **Long Cycles (Over 28 days):** If known, collect 7 days after LH surge/ovulation or 7 days before your expected period. If unknown, collect on Day 23 of the cycle.

- **Short cycles (Less than 23 days):** If known, collect 7 days after LH surge/ovulation or 7 days before your expected period. If unknown, collect on Day 15 of the cycle.

- Blood spot cards may be collected in either order, luteal first or follicular first.

### 2 Hormone users (Skip this step if not using hormones)

#### HORMONAL BIRTH CONTROL (ORAL, VAGINAL RINGS, AND PATCHES)

Collect blood spot on 2nd/3rd day of menses after removing vaginal ring or patch or after taking sugar pill section of the oral birth control.

#### IUD

Follow any typical cyclic menstrual signs as cycle Day 1, if no actual bleeding (spotting, breast tenderness, mood changes).

#### FERTILITY INJECTIONS OR ORAL FERTILITY MEDICATIONS

Do not take these during the testing cycle. If these products have been prescribed by a medical provider, check with them first before stopping any medication prior to the test.

#### THYROID

Continue taking your thyroid as directed by your provider. You do not need to stop this medication in order to have accurate blood test results.

#### PROGESTERONE/PROGESTINS

Can use progestins/progesterone to induce a withdrawal bleed to start the testing cycle. Avoid luteal phase progesterone during the testing cycle. If these products have been prescribed by a medical provider, check with them first before stopping any medication prior to the test.

#### TOPICAL, TROCHE, SUBLINGUAL, PELLETS OR INJECTABLE HORMONES

Do not take these during the testing cycle. If these products have been prescribed by a medical provider, check with them first before stopping any medication prior to the test.

#### 7-KETO DHEA AND DHEA

Avoid for 7 days prior to collecting. If these products have been prescribed by a medical provider, check with them first before stopping any medication prior to the test.

### 3 Prepare for collection

- Famlee Fertility recommends fasting (no food or drink other than water) 10–12 hours overnight before collecting in the morning.
- Avoid anti-aging/anti-wrinkle facial creams for 7 days prior to testing as they may contain undisclosed hormones. Please

stop taking any products that contain progesterone, estrogens or testosterone. If you are not attempting to conceive at this time and are on hormonal birth-control products, please do not discontinue these medications without first speaking with your medical provider.



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## 4 Collect samples

### IMPORTANT

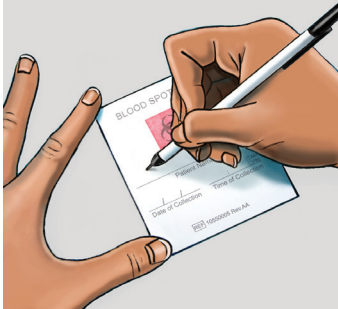
Samples that do not meet criteria below may not be usable for testing. Each blood spot must:

- Soak through the collection card so that blood shows through on the back.
- Be spherical and fill as much of the circle as possible.
- Contain one drop per circle, no overlapping.

#### UNACCEPTABLE

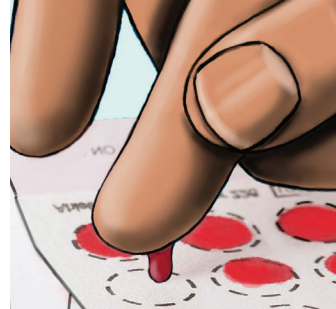


#### ACCEPTABLE



#### STEP 1

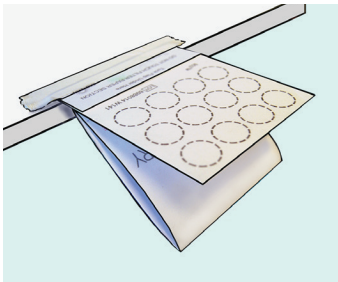
Collect blood sample within 1 hour of waking. Wash hands with soap and water. Use a clean towel to dry hands. Make sure hands are warm and circulation is going. Write your name, the date and time of collection on the card prior to collecting.



#### STEP 4

Position finger over circle of blood spot card and gently milk (don't squeeze) blood from the finger. Collect so that your hand is below your waist, allowing gravity to assist with blood flow.

**TIP**  
Squeeze arm from elbow to base of finger



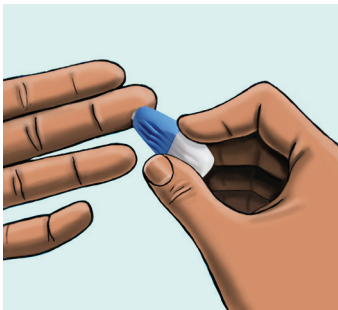
#### STEP 2

Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Tape card to a flat surface like a table, below heart at about waist level. Open the alcohol prep pad and sterile gauze. Select finger. Middle or ring finger of non-dominant hand is recommended.



#### STEP 5

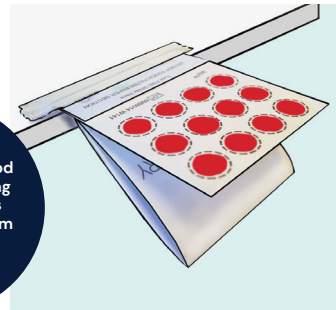
As blood drop forms and is ready to fall, touch the drop onto the center of the circle (one drop per circle). Continue collection, preferably until all circles have been filled – but it is more important to have several good sized spots than to fill all the circles. When finished, apply bandage.



#### STEP 3

Wipe finger with alcohol prep pad and allow to air dry. Twist cap off lancet and press small white section firmly against the side of finger pad until lancet clicks. Wipe away the first blood drop with gauze.

**TIP**  
To encourage blood flow before nicking finger, rub hands together/swing arm and/or run hand under warm water



#### STEP 6

Leave blood spot card open to dry – minimum 4 hours. Once sample is dry, close cover. Store card in a cool, dry location away from direct sunlight until it is shipped.

## 5 Finish & send

**Test Requisition**

Please print clearly, attaching to the inside of the test kit box. Do not write on the outside of the box.

**1 Individual Information**

First Name: P. R. S. Y.  
Last Name: P. A. T. I. E. N. T.  
Address: 1 1 1 1 S T. R. E. E. T.  
City: P. O. R. T. L. A. N. D.  
State: P. A. R. T.  
Zip: 0 0 0 0 0 0 0 0 0 0  
Phone: 0 0 0 0 0 0 0 0 0 0

**2 Current Menstrual Status - Women only**

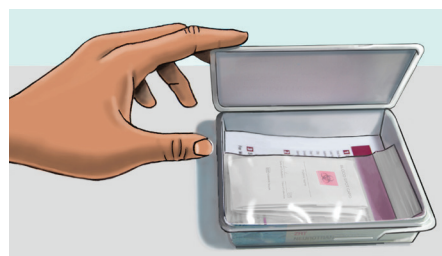
Not day of last menses: 0 0 / 0 0 / 0 0  
Regular Cycles  
Irregular Cycles  
No Menstrual Cycles

**3 Symptoms**

Please use the symptoms for your gender. Indicate the symptoms you are experiencing.

#### STEP 1

Complete all paperwork. Make sure all sections are filled in and your form is signed.



#### STEP 2

Place the sample, the Test Requisition form and any additional paperwork back into the plastic test kit box.

Make sure to include payment (if applicable). Snap test kit lid shut.



#### STEP 3

Place the entire test kit box inside the return packaging. Affix the prepaid label or postage if applicable. Return using the appropriate carrier.

Samples will remain stable under average shipping conditions, including over weekends and holidays.



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