

Mansfield Medical Clinic
1720 E. Broad St
Mansfield Texas 76063
817-453-5912 (Fax) 817-453-2988
Dr James Irvine, D.O **Dr. Sharon Irvine, D.O**

BIOIDENTICAL HORMONES

ZRT TESTING:

Men, Children and Non- Menstruation Women

- **Collect any day of the month**

Menstruating Women

- **Regular cycles: collect on day 21 (Day 1= first day of your period)**
- **Irregular cycles: if you know when your period will start, choose 5 days before**
- **Unpredictable: you can collect any day of the month**

Topical:

- **The day before testing, continue use of hormones as prescribed. Make sure dosage is applied 12 hours before planned collection. For example, dose at 8pm for an 8am collection. Collection can be before the morning or evening dose.**
- **Do NOT use bare hands for topical hormone application for at least 3 days prior to collection (apply hormones using latex gloves for 3 days).**
- **Change sheets, pillow cases and hand towels 3 days before collecting. Clean up bathroom surfaces which may be contaminated with traces of hormones.**

Collection:

Tip: Press your tongue against your inner cheeks, stretching the walls of your mouth or smelling food will help with saliva flow

STEP 1. Allow saliva to pool in mouth, then drool into the tube (spitting is too bubbly). Fill tube at least half full, not including bubbles. Collection usually takes 2-30 minutes depending on saliva flow. When done, cap the tube.

STEP 2 Write your name, the date and time of collection on the tube. Place the tube back into the box with payment info and paperwork. Put in shipping bag, place address label on the bag and send by UPS.