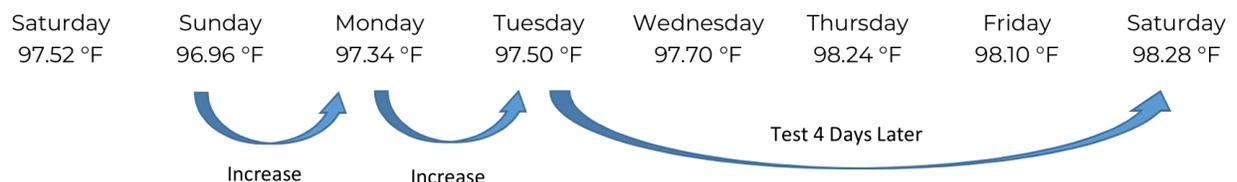


Thanks for ordering our at-home hormone test! We strongly recommend that you review these **important tips** that will help you successfully complete your kit:

The day that you collect your sample matters!

- Depending on your age and medical history, your hormones may fluctuate throughout the month.
- By collecting on a specific day, we can determine if your hormones are high or low for that time of your menstrual cycle.
 - **If you are not on birth control:** You should take the test 7 days after you ovulate. There are two methods to determine when you ovulate:
 - **Basal Body Temperature Method:** Take your temperature each morning when you wake up. When you see your temperature rise for 2 days in a row, you should collect your blood sample 4 days after that.
 - For example, if you see a temperature rise from Sunday to Monday, and again from Monday to Tuesday, then you would collect your sample 4 days later on Saturday morning.



- Purchase an ovulation kit or test strips to determine your ovulation day. Collect your sample 7 days after you ovulate.

- **If you take an oral birth control**, you can collect your sample whenever you are not bleeding.
- **If you have an IUD** (intrauterine device) in place, then you may test at any time during your menstrual cycle.
- **If you have been through menopause**, then you can take the test any day.

Once you collect your sample, slip the kit into the prepaid shipping bag and drop off your kit at your local FedEx.

- Don't worry about the shipping cost! We include a prepaid shipping label for you to send the package to the lab.

Click [here](#) to watch our how-to video to see the whole process!

- Or scan with your phone's camera:



If you have any questions at all during the collection process, do not hesitate to reach out!

- Phone: (877) 316-8686 - Physicians Lab Customer Support
- Website chat tool
- Email: support@orchidcrew.com