



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:

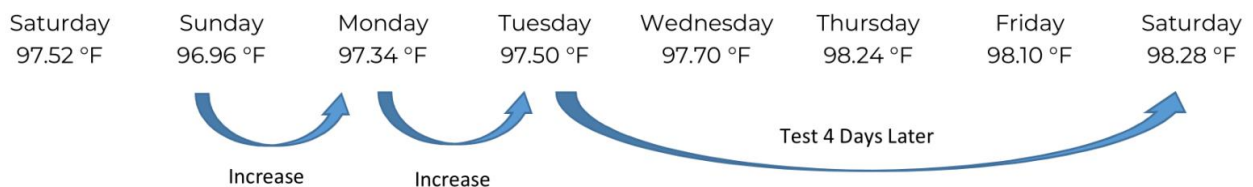
1. The day that you collect your sample matters!

- 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.

2. 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.



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