

## Frequently-Asked Questions

### 1. What is fertility?

Fertility is the natural capability to produce offspring. It depends on numerous factors including nutrition, sexual behavior, consanguinity, culture, instinct, endocrinology, timing, way of life and emotions.

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### 2. What is Fertility Hormone Profile?

Fertility Profile provides a thorough evaluation that identifies a broader array of 12 tests that help assess imbalances or conditions that affect whether a woman can get and stay pregnant. This is an assessment of ovarian reserve as well as screening for multiple common reasons for infertility, including anovulation, PCOS, hypothyroidism, premature ovarian failure or ovarian insufficiency.

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### 3. Who benefits from this test?

Women who have irregular cycles or fertility issues, who have been trying to get pregnant without success, or who would like to be proactive in their preconception planning by getting a baseline screening.

The test could help if you are:

- Under the age of 35 and have tried for 1 year to become pregnant
  - Over the age of 35 and have tried for 6 months to become pregnant
  - Have had more than 1 miscarriage
  - Have symptoms of infertility
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#### 4. What is tested in this profile?

Saliva: Cortisol levels

Blood spot: Estradiol (E2), Progesterone (Pg), Testosterone (T), SHBG, DHEAS, LH, FSH, FreeT4 (fT4), Free T3 (fT3), TSH and TPOab

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#### 5. When should I collect the saliva sample?

For all test patient, collect a total of 4 saliva samples at the following appointed time any day of the month.

- 1st sample – Upon waking (Large tube)
- 2nd sample – Before lunch (Small tube)
- 3rd sample – Before dinner (Small tube)
- 4th sample – Before bed (Small tube)

Saliva collection: <https://www.youtube.com/watch?v=D3z5Q0fSTYQ&t=161s>

- Do not eat, drink (except water) or brush your teeth prior to your first sampling collection of the day and for the 2 hours prior to collecting throughout the day
  - Rinse your mouth with cool water 5 minutes before sampling. Fill the saliva tube to at least half full, bubbles do not count.
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#### 6. When should I collect the blood sample?

##### Children, Men & Non-menstruating women

Collect 1 blood spot card (12 blood spots) within 1 hour of waking any day of the month.

## **Menstruating women**

Collect 2 blood spot card (12 blood spots EACH) within 1 hour of waking following the guideline below.

**1st Blood Spot Card:** Collect blood spots within 1 hour of waking on day 3 or 4 of your menstrual cycle. (Day 1 = First day of bleeding)

### **2nd Blood Spot Card:**

- If you have regular cycles, collect blood spots within 1 hour of waking on either day 19, 20 or 21 of the menstruating cycle (Day 1 = First day of bleeding)
- If you have long cycles (>28 days), collect blood spots within 1 hour of waking on day 21
- If you have short cycles (< 23days), collect blood spots within 1 hour of waking on day 15
- If you period is unpredictable, collect blood spots any day that you are NOT bleeding

Blood spot collection: <https://www.youtube.com/watch?v=FETopPm8XG0&t=99s>

- Ensure each spot only fill with a single drop of blood only, dry at room temperature for at least 3 hours or until fully dried.

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## **7. Is there any restriction on hormone or drug use prior to collecting sample?**

- Topical & Oral
  - Continue the use of hormones as prescribed the day before testing. Make sure any night dosage is applied at least 12 hours before planned morning collection.
  - DO NOT use bare hands for topical hormone application for at least 2 days prior to collection (Apply hormone using gloves or another applicator)
  - Avoid using hormones on the face, lips and neck.
  - Change sheets pillow case and hand towels the night before collecting
  - Avoid touching bathroom surfaces which may be contaminated with traces of hormones.
- Patches, Vaginal Rings, Pellets or Injectables
  - Test half-way between doses. For example, collect 3 days after a once-a-week patch, or 2 weeks after a once-a-month injection.
- 7-Keto DHEA

- Avoid for 3 days prior to collecting, continue taking regular DHEA as prescribed.
  - Steroids (e.g. glucocorticoids, hydrocortisone, prednisone)
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## **8. What if I have difficulties in collecting saliva sample?**

You may smell food, yawning or pressing the tip of your tongue against your teeth to help with saliva flow.

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## **9. What should I do if I mistakenly collecting saliva?**

Rinse the collection tube out with hot water (no soap), shake out the remaining water and air dry to recollect.

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## **10. What should I do if I am not able to submit the sample within 24 hours after collection?**

Don't worry, you just have to freeze the saliva sample and leave the dried blood spot card at room temperature until submission.

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## **11. What is the flow of testing?**

After purchasing the test, we would deliver a test kit to your address. You could then follow the instructions within to collect your samples. After that, place the samples back to the kit and return to us. We would then proceed to send to the US for analysis.

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## 12. What are the advantages of saliva and dried blood spot sample?

Dried blood spot:

- Convenient sample collection at home
- Easy shipment back to the lab for analysis
- Samples stable at room temperature for several weeks
- Excellent correlation with serum and plasma assays

Dried Urine Paper:

- Convenient sample collection at home
- Eliminates the hassles of all-day jug urine collection
- Hormones are exceptionally stable in dried urine for months at room temperature
- Easy shipment back to the lab for analysis.

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## 13. When will I receive the test report?

You will receive the test report within 3 weeks. (Including shipment and analysis)

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## 14. What should I do after receiving the report?

You may contact us via [info@hkbiotek.com](mailto:info@hkbiotek.com) or (852) 2763 1488 for an inclusive face-to-face or phone consultation if you would like to meet our in-house nutritionist for a detailed report interpretation.