

## Frequently-Asked Questions

### 1. Why the balance of hormones is so important?

Evidence shows that hormonal imbalances can be the root causes of many chronic health issues, of which affect a woman's menstrual cycle are no exception.

---

### 2. What is Menstrual Cycle Mapping?

This is an assessment of sex hormone and Luteinizing Hormone (LH) patterns throughout a menstrual cycle to help identifying the root of hormone-related menstrual symptoms, irregular cycles, amenorrhea or infertility.

---

### 3. How does Menstrual Cycle Mapping help me?

The multi-point map provides a complete picture of a woman's levels over the course of one menstrual cycle and to pinpoint the time of ovulation, as well as a way of getting to the root of difficult menstrual symptoms.

---

### 4. Who benefits from this test?

Women who have irregular cycles, cyclic hormone-related symptoms, premenstrual syndrome (PMS), premenstrual dysphoric disorder (PMDD), headaches, infertility or luteal phase defects, other symptoms include migraines, mood swings, heavy bleeding or painful periods.

---

### 5. What hormones are measured in this test?

Urine: Estrogen (E1G), Luteinizing Hormone (LH), Progesterone (PDG) and Creatine (Crtn).

---

## 6. What sample is required for this test and how do I collect?

You are required to collect 1 urine sample every other day beginning on day 7 of your cycle (Day 1 = First day of bleeding) until the start of your next period or until you run out of collection cards. 15 collection cards are provided per kit, average women only use 11 or 12 of these cards. Women with longer cycles may need all 15 collection cards.

### Example

- 1st sample – Day 7
- 2nd sample – Day 9
- 3rd sample – Day 11
- 4th sample – Day 13 and so on...

Urine collection: <https://www.youtube.com/watch?v=MGCxd3K92UY&t=3s>

- Collect your first urination with the provided urine collection card immediately upon waking for the day.
  - Dip the urine collection card up to the top black dash line, allow the collection card to dry completely for at least 6 hours at room temperature ONLY.
- 

## 7. Is there any preparation prior to collecting sample?

- Do not eat, drink anything but water, before first urination.
  - During the sampling period, avoid taking vitamins or supplements, or take medications until after your daily collection
  - Limit liquid consumption to 8 oz (227ml) or less in the hour proceeding collection
- 

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

Yes, so it is suggested to finish the course of birth control pills, pellets or progestin IUDs, estradiol or progesterone supplementation or post-menopausal before testing (If apply).

---

## **9. What should I do if I miss a collection time? Do I need to retake all samples?**

Don't worry, you may collect your second urine sample of the day OR recollect in the following day. Mark the day and time of your actual collection on the collection card and then return to collecting based on the original schedule.

---

## **10. What if I lost the pink bag?**

You may submit the urine sample with a plastic sealable bag.

---

## **11. Do I need to refrigerate or freeze the collected sample?**

No, the urine sample is relatively stable at room temperature after dried completely.

---

## **12. 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.

---

## **13. What are the advantages of dried urine sample?**

This is a discreet, at home-testing alternative and eliminates the hassles of all-day jug urine collection. Hormones are exceptionally stable in dried urine for months at room temperature and easy shipment back to the lab for analysis.

---

#### **14. In what scenario my sample will not be able to process?**

If the sample is..

- Still wet
  - Not sealed properly in the bag
  - Too dilute (Too much liquid consumed prior to collection)
  - Sample is collected over 30 days
- 

#### **15. When will I receive the test report?**

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

---

#### **16. What should I do after receiving the report?**

You may contact us via [infor@hkbiotek.com](mailto:infor@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.