

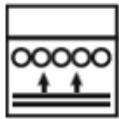


Anti-Mullerian Hormone

A hormone produced by the reproductive tissues that can be used to assess ovarian function and menopausal status.

STEP 1: MATERIALS CHECKLIST

Blood Collection Supplies



x1 Whatman Card



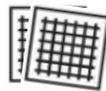
x 2 Lancet (Single Use Only)



x 2 Alcohol Pad



x 2 Band-aids



x 2 Gauze Pad

Shipping Supplies



Patient Registration Card



Mailer Box



Specimen Bag



Return Mailing Envelope

STEP 2: FILL-OUT REGISTRATION CARD

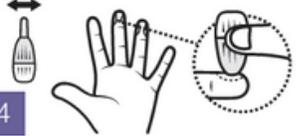
STEP 3: BLOOD SAMPLE COLLECTION

READ ALL STEPS CAREFULLY

1  Place card on clean dry surface. Print your Last name, First Name and Date of Birth and Collection date on the Whatman Card.

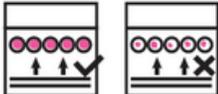
2  Wash hands in very warm water. Vigorously shake, rub and massage selected hand. Let your hand hang at your side and shake it back and forth for 15-20 seconds. To increase blood flow, rub the selected finger stick area until it is warm to the touch.

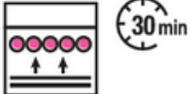
3  Wipe the middle and the ring finger of your non-dominant hand with alcohol. Then wait for 30 seconds.

4  Twist and pull the blue lancet cap straight out. Press the safety lancet tip firmly against the tip of the middle or ring finger to activate the device. At puncture site, wipe away first drop of blood with gauze.

5  Gently massage palm toward finger to allow blood to drip into the circles. Ensure all of the circles are filled. Standing may help increase the blood flow.

CAUTION:
Hard squeeze stops the blood from flowing.

6  **DO NOT** rub or smear (allow full drops of blood to form and freely fall onto the paper).
DO NOT allow multiple drops in the same circle (no overlapping).
DO NOT use heat to assist drying.

7  Leave card out for 30 minutes or until completely dry.

8  Use gauze to clean your finger and apply pressure to ensure the site is no longer bleeding. Then apply a band-aid when finished.

STEP 4: PACK SAMPLES

Ensure your name and date is written on the card. Tuck the cover of the card inside as directed. Place the Whatman Card into the specimen bag.

Place the specimen bag into the original mailer box and close.

Place the original mailer box inside the mailing envelope and ensure the return label is adhered to the mailing envelope

STEP 4: SHIPPING SAMPLE

Simply drop your sealed and packaged test in your mailbox, or take to your nearest USPS.

IF YOU NEED HELP contact us: cs@ihdlab.com

STEP 5: RESULT

Within 72 HOURS after receiving your specimen, a link will be sent to your registered email or phone. Use the link to check your result.



Need help? We are here.

We are available by email or phone to answer your questions,
review your sample and more.



(800) 820-8803



cs@ihdlab.com



Register



Sample Collection



Lab



Results

SCAN FOR VIDEO
INSTRUCTIONS

