

RETURN CHECKLIST

Sign and return

Your sample must be recieved within 2 days of collection. It is advised not to ship your sample on a Friday or if the next working day is a Bank Holiday.

01

Check, complete and sign your lab requisition form.

02

Ensure you have labelled each vial with your Name, Date of Birth and Sample collection date and time.

03

Place each vial into the clear plastic bag, alongside the absorbent material supplied, and fold down to secure.

04

Place the lab requisition form and labelled sample vials into the original test box and secure with the anti-tamper seal.

05

Add your box to the returns envelope provided and you're ready to ship! Take your parcel to a Priority Post Box to ensure prompt return to the lab.

KIT REGISTRATION

Register your kit online

Please sign in online and follow the instructions to register this kit.

IF YOUR KIT IS NOT REGISTERED OUR LAB WILL BE UNABLE TO PROCESS YOUR SAMPLE.

Scan the below QR code or visit <https://app.omnos.me/external-kit-registration>



YOUR RESULTS

Viewing your results:

Once the sample has been processed you will receive an email confirming your results are ready to be viewed in the Regenerus practitioner portal. This is usually within 2-3 days of the lab receiving the sample.

If there are any issues with your sample we will be in touch.

BLOODS

How to take your test

If you have questions

If you have any queries please contact us at info@regeneruslabs.com.

/Venous Blood Draw



GETTING READY

Check list

Check you have everything you need by ticking the check boxes below.

<input type="checkbox"/>	Register your Kit QR code	<input type="checkbox"/>	Plasters
<input type="checkbox"/>	Needle	<input type="checkbox"/>	Clear sample returns bag with absorbent pad
<input type="checkbox"/>	Collection vial(s)	<input type="checkbox"/>	Lab requisition form
<input type="checkbox"/>	Vial label(s)	<input type="checkbox"/>	Anti-tamper seal
<input type="checkbox"/>	Alcohol swab	<input type="checkbox"/>	Returns envelope with label
<input type="checkbox"/>	Cleansing wipe		

WHEN TO COLLECT:

It is required to take and post the test earlier in the week (Mon-Thurs is ideal) to ensure the sample arrives at the lab in time to be analysed.

IMPORTANT INFORMATION

WHEN TO COLLECT (CONT.):

If you have purchased a Wellness 360 Female, Sex Hormone Complete Female or Fertility + Hormone testing kit for the most accurate result aim to take your test between day 19-21 of a cycle.

BEFORE YOU TAKE THE TEST:

Register your kit online

Before you return your kit, it is important to register it to your Regenerus account.

If your kit is not registered our lab will be unable to process your sample.

Visit <https://app.omnos.me/external-kit-registration>

Fast

In order to get the most accurate results you should fast for 8 hours in advance of taking the test. The easiest time to do this is in the morning, having fasted overnight. You should also avoid caffeine for 12 hours and alcohol for 36 hours in advance of the test.

Make sure you're hydrated

Drink at least 500ml of plain water 1-2 hours prior to taking the test and 2-3l extra the day before the test as hydration can affect your results and how well blood will flow from the pinprick site.

Stay warm

Make sure to keep warm prior to your blood test as this will help to speed up the procedure.

On day of taking the test

When you attend the clinic you must take your Regenerus test kit with you (including the lab requisition form containing your unique Barcode ID) as the clinic will not provide this. Depending on the clinic provider you may also be required to take photographic ID to confirm you are the person who made the booking.

Please ensure the components in your test kit are kept sealed prior to the appointment to ensure they are sterile.

HOW TO BOOK THE TEST

If you have purchased a kit-only option please contact your preferred phlebotomist or clinic to arrange a blood draw.

FAQ'S

Questions:

Do I need to stop taking medicines /supplements to take the blood test?

For the most accurate results you should refrain from taking any supplements 48 hours prior to taking the test.

If you are on prescription medication we do not make any recommendation other than to **check with your own doctor.**

What is the best time in my cycle to take a Wellness 360 Female, Sex Hormone Complete Female or Fertility + Hormone test?

The optimum time to take your test would be between days 19-21 of your cycle.

Will taking HRT affect my results?

HRT that has been prescribed to balance out estrogen is unlikely to affect the results.

Should I refrain from consuming caffeine or alcohol?

For the most accurate results you should avoid caffeine for 12 hours and alcohol for 36 hours in advance of the test.

If your test contains the Prostate-Specific Antigen (PSA) marker please be aware that for the most accurate results men should not have:

- An active urinary infection (or have had one within the previous 6 weeks)
- Ejaculated in the previous 48 hours
- Exercised vigorously, for example cycling in the previous 48 hours
- Had a urological intervention such as prostate biopsy in the previous 6 weeks

