

SPECIAL INSTRUCTIONS FOR THE eFHP

Expanded Female Hormone Panel

(and any other test involving pituitary hormone samples)

Special instructions are needed because even the smallest amount of occult (hidden) blood will interfere with the pituitary hormone (FSH & LH) part of the test.

It will not interfere with any other parts of the test.

TO HELP ELIMINATE OCCULT BLOOD IN THE SALIVA SAMPLE:

1. Do not brush your teeth within 5 hours of taking the saliva sample
2. Do not floss within 5 hours of taking the saliva sample or preferably do not floss at all during the month of the test.
3. The eFHP instructions will direct you to rinse your mouth with cold water 3-5 minutes before taking the sample. Instead, use ice water and swish it around your mouth thoroughly.
4. If you tend to have pink tooth brush or bleeding gums, or if you bruise easily, inform your doctor and you will be directed to take a supplement that addresses these problems.

▪ **Cyruta Plus** – Dosage - 3 tablets 4x/day for 1-2 weeks (or more) before the test and throughout the testing period.

5. If you do not have any of the above, you will be directed to take a smaller dose of **Cyruta Plus** as a preventative.

▪ **Cyruta Plus** – Dosage - 3 tablets 2x/day for 1-2 weeks (or more) before the test and throughout the testing period.

We have found that without taking the above measures, even with patients who do not have obvious gum bleeding problems, we lose the pituitary hormones about half the time. These hormones are a very important part of the test.

These instructions should be adapted to any other test involving pituitary hormones, for example, the eMHP.

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