



Blood Spot Kit

Blood Spot Collection Card

Newsletter

Test Requisition

PLACE UPS SHIPPING LABEL HERE

Affix to bag

OR 970 9 - 10

UPS 2ND DAY AIR 2

TEAR HERE

Keep this portion

Alcohol Prep Pad

Return Shipping Bag

Sterile Gauze Pad

Lancets

Adhesive Bandage

Blood Spot Instructions

Return Shipping Label and Receipt

# Test Requisition

Please encourage your patients to complete all sections on both sides of the form.

## Side A

### Section 1

**Individual Information:** name, address, phone, gender, date of birth etc.

### Section 2

**Current Menstrual Status** (women): this is important for determination of the appropriate expected hormonal range.

### Section 3

**Symptoms:** reported by patient. Symptom severity is key to evaluating patient hormonal health. A rating of 0 = none, 1 = mild, 2 = moderate, 3 = severe is reported in bar graph form on page two of the test report. This allows correlation of tested hormone levels with reported symptoms, thus providing a more comprehensive evaluation.

### Section 3a

**Basal Body Temperature:** basal body temperature is optional and only requested when evaluating thyroid dysfunction.

## Side B

### Section 4

**Hormone/Medication Use:** prescribed dosage, delivery (e.g. topical, sublingual) and exact time of last dose are extremely important for accurate evaluation of test results.

### Section 5

**Sample Collection Date and Time:** indicate the date(s) and time(s) that each sample was collected.

### Section 6

**Panels and Tests:** indicates the hormone(s) and/or panel(s) to be tested

### Section 7

**Payment:** indicates that BodyLogic MD is to be billed for lab tests.

### Section 8

**Client Signature:** for authorization and/or consent for laboratory testing.

### Section 9

**Health Provider Information:** appropriate BodyLogic information prints here.

**Test Requisition** BodyLogic MD

**1 Individual Information** Please print clearly, placing one capital letter in each oval. This will help us process your test better, quickly.

First Name: \_\_\_\_\_ MI: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Day Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Gender:  Female  Male Birth Date: MM/DD/YY Height: H I N Weight: L B S

**2 Current Menstrual Status - Women Only**

1st day of last menses: MM/DD/YY Hysterectomy:  No  Yes  
 Regular Cycles  Ovaries Removed:  No  One  Both Year: YY  
 Irregular Cycles  Currently Pregnant:  No  Yes  
 No Menstrual Cycles  If currently pregnant, list the month of pregnancy: \_\_\_\_\_

**3 Symptoms** Please use the symptoms for your gender. Indicate the symptoms you are experiencing as: 0 (none), 1 (mild), 2 (moderate), or 3 (severe). For example, if you are moderately stressed you would indicate this by darkening the 2 next to 'Stress':

**For Women**

Hot Flashes	0 1 2 3	Night Sweats	0 1 2 3	Vaginal Dryness	0 1 2 3	Incontinence	0 1 2 3
Foggy Thinking	0 1 2 3	Memory Lapses	0 1 2 3	Tired	0 1 2 3	Depressed	0 1 2 3
Heart Palpitations	0 1 2 3	Bone Loss	0 1 2 3	Sleep Disturbed	0 1 2 3	Headaches	0 1 2 3
Aches and Pains	0 1 2 3	Fibromyalgia	0 1 2 3	Morning Fatigue	0 1 2 3	Evening Fatigue	0 1 2 3
Abdominal	0 1 2 3	Sensitivity To Chemicals	0 1 2 3	Overweight	0 1 2 3	Cold Body Temperature	0 1 2 3
Sugar Craving	0 1 2 3	Elevated Triglycerides	0 1 2 3	Weight Gain - Waist	0 1 2 3	Decreased Libido	0 1 2 3
Loss Scalp Hair	0 1 2 3	Increase Facial or Body Hair	0 1 2 3	Acne	0 1 2 3	Mood Swings	0 1 2 3
Tender Breasts	0 1 2 3	Bleeding Changes	0 1 2 3	Nervous	0 1 2 3	Irritable	0 1 2 3
Anxious	0 1 2 3	Water Retention	0 1 2 3	Fibrocystic Breasts	0 1 2 3	Uterine Fibroids	0 1 2 3
Weight Gain - Hips	0 1 2 3	Decreased Stamina	0 1 2 3	Decreased Muscle Size	0 1 2 3	Rapid Aging	0 1 2 3
High Cholesterol	0 1 2 3	Swelling or Puffy Eyes, Face	0 1 2 3	Slow Pulse Rate	0 1 2 3	Decreased Sweating	0 1 2 3
Hot Dry or Brittle	0 1 2 3	Nails Breaking or Brittle	0 1 2 3	Thinning Skin	0 1 2 3	Infertility Problems	0 1 2 3
Constipation	0 1 2 3	Rapid Heartbeat	0 1 2 3	Hearing Loss	0 1 2 3	Other	0 1 2 3
Hoarseness	0 1 2 3	Increased Urinary Urges	0 1 2 3	Low Blood Sugar	0 1 2 3	High Blood Pressure	0 1 2 3
Low Blood Pressure	0 1 2 3	Numbness - Feet or Hands	0 1 2 3	Other	0 1 2 3		

**For Men**

Barred Out Feeling	0 1 2 3	Appathy	0 1 2 3	Difficulty Sleeping	0 1 2 3	Increased Forgetfulness	0 1 2 3
Decreased Mental Sharpness	0 1 2 3	Depressed	0 1 2 3	Mental Fog	0 1 2 3	Irritable	0 1 2 3
Nervous	0 1 2 3	Anxious	0 1 2 3	Morning Fatigue	0 1 2 3	Evening Fatigue	0 1 2 3
Decreased Stamina	0 1 2 3	Decreased Muscle Size	0 1 2 3	Stomach Issues	0 1 2 3	Increased Joint Pain	0 1 2 3
Decreased Flexibility	0 1 2 3	Neck or Back Pain	0 1 2 3	Weight Gain - Breast or Hips	0 1 2 3	Weight Gain - Waist	0 1 2 3
Elevated Triglycerides	0 1 2 3	Sugar Craving	0 1 2 3	Heart Palpitations	0 1 2 3	Diary Spells	0 1 2 3
Headaches	0 1 2 3	Ringing in Ears	0 1 2 3	Cold Body Temperature	0 1 2 3	Abdominal	0 1 2 3
Sensitivity To Chemicals	0 1 2 3	Decreased Erections	0 1 2 3	Decreased Libido	0 1 2 3	Prostate Problems	0 1 2 3
Decreased Urine Flow	0 1 2 3	Increased Urinary Urges	0 1 2 3	Hot Flashes	0 1 2 3	Night Sweats	0 1 2 3
Swelling or Puffy Eyes, Face	0 1 2 3	Slow Pulse Rate	0 1 2 3	Rapid Aging	0 1 2 3	High Cholesterol	0 1 2 3
Hot Dry or Brittle	0 1 2 3	Thinning Skin	0 1 2 3	Decreased Sweating	0 1 2 3	Hot Dry or Brittle	0 1 2 3
Constipation	0 1 2 3	Hearing Loss	0 1 2 3	Infertility Problems	0 1 2 3	Hoarseness	0 1 2 3
Rapid Heartbeat	0 1 2 3	High Blood Pressure	0 1 2 3	Low Blood Pressure	0 1 2 3	Numbness - Feet or Hands	0 1 2 3
Low Blood Sugar	0 1 2 3	Aggressive Behavior	0 1 2 3	Other	0 1 2 3		
Other	0 1 2 3						

**3a Basal Body Temperature** Enter results for each day.

Day 1: \_\_\_\_\_ Day 2: \_\_\_\_\_ Day 3: \_\_\_\_\_

DDDD Please continue on the other side. (We need just a little more information and your signature too.)

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**4 Hormone/Medication Use** Please list any hormone(s) you have used in the past two months. Attach separate sheet if needed.

Hormone Type	Brand	Delivery	Dosage	Last Used Date	Time	Times Per Day	How Long Used
Example: Progesterone	XPC Orinon	Vaginal	20mg	7/2/06	10:30 pm		2 yrs

Also list other medications or herbal supplements (black cohosh, etc.) you are taking that may affect hormone levels: (see our web site for detailed information)

**5 Sample Collection Date and Time** Please list the date and time(s) you collected each sample.

Sample Collection Date: MM/DD/YY Morning Saliva Collection Time: HH:MM:SS Noon Saliva Collection Time: HH:MM:SS Evening Saliva Collection Time: HH:MM:SS Night Saliva Collection Time: HH:MM:SS Blood Spot Collection Time: \_\_\_\_\_

**6 Panels and Tests** Please fill the oval for the panel(s) or individual test(s). If you select individual tests in addition to panels, please do not duplicate tests that are in a panel you have already selected.

**Combination (Saliva and Blood Spot) Panels**

- Comprehensive Hormone Profile Saliva: E2, Pg. T, DHEAS, C4x Blood Spot: FT3, FT4, TSH, TPO
- Custom Hormone Profile (Please select individual saliva and blood spot tests.)

**Saliva Panels**

- AMPM Cortisol C1, C4
- DHEAS (DS)
- Dilute Cortisol C1-4
- Progesterone (Pg)
- Cortisol Morning (C)
- Adrenal Function Test C1-4, DS
- Estradiol (E2)
- Cortisol Noon (C2)
- Hormone Profile I E2, Pg. T, DS, C1
- Estrone (E1)
- Cortisol Evening (C3)
- Hormone Profile II E2, Pg. T, DS, C1, C4
- Testosterone (T)
- Cortisol Night (C4)
- Hormone Profile III E2, Pg. T, DS, C1-4

**Blood Spot Panels**

- Complete Thyroid Profile TSH, FT3, FT4, TPO
- IGF-1
- FSH
- Male Hormone Profile I PSA, SHBG, T
- Free T4
- PSA
- Male Hormone Profile II PSA, SHBG, T, IGF1
- Free T3
- SHBG
- TSH
- Testosterone, Total (T)
- TPO
- LH
- Insulin, Fasting

**7 Payment** Select only one form of payment

Bill Provider

Bill Medicare, Part B.

**8 & 9 Health Provider Information** (Must be 18 years or older or Guardian of Minor)

BodyLogic MD

For Laboratory Use Only

Diag. Codes

My signature indicates my request, authorization and/or consent for laboratory testing. I understand that test results are strictly informational. 2iRT Physician's review of my test results and results does not represent diagnosis or treatment. I am responsible for contacting my personal health care provider for follow-up and interpretation of my test results.