

MENSTRUAL CYCLE MAPPING TEST

DESCRIPTION

Understanding your individual reproductive hormone balance is important for any woman. It can be especially important for women struggling with fertility issues, irregular periods, or other symptoms that could be linked to hormone imbalances. Reproductive awareness empowers women to understand their bodies, monitor hormonal health, and make informed decisions about everything from fertility to overall wellness.

The **Menstrual Cycle Mapping Test** allows women to track their reproductive hormones across their entire menstrual cycle. By collecting a dried urine sample every other day, fluctuations in the levels of three key hormones - estradiol, progesterone, and luteinizing hormone - can be tracked over time. This provides a complete picture of your individual cycle and helps you to identify abnormalities that may affect fertility, menstrual cycle regularity, or other conditions associated with reproductive hormone balance.

This kit is available for purchase in-store or online.

Test Details:

This test is a take-home kit that requires collection of dried urine samples using the enclosed collection cards. Samples are collected on alternating days beginning on day 7 of your menstrual cycle and continuing until your next menstrual period begins. For best results, read the enclosed instruction sheet carefully before beginning your sample collections.

WHO SHOULD GET THIS TEST?

The **Menstrual Cycle Mapping Test** may be right for women who are struggling with infertility, irregular menstrual cycles, or other conditions that could be related to reproductive hormone imbalances.

WHY IS THIS TEST IMPORTANT?

Understanding reproductive hormone balance is a crucial first step to addressing many issues unique to women's health. The **Menstrual Cycle Mapping** test makes it easy to identify abnormalities that may be impacting your overall reproductive health.

WHAT KIND OF SAMPLE IS REQUIRED?

This test requires the collection of dried urine samples every other day beginning on day 7 of your menstrual cycle and continuing until your next menstrual period begins. Whenever possible, a sample of your first morning urine is preferred. Refer to the collection instructions included with the kit for details.

WHAT DO I NEED TO DO TO PREPARE?

The samples are collected completely in the privacy of your home. Do not eat or drink anything other than water, or take vitamins, supplements, or medications (except as advised by your healthcare provider) until after you have collected your sample for the day.

HOW QUICKLY DO I NEED TO MAIL MY SAMPLES TO THE LAB AFTER ALL COLLECTIONS ARE COMPLETE?

We recommend that you ship your samples the same day or the day after you have collected the last sample.

WHEN WILL I GET MY TEST RESULTS?

Results are typically available in 5-7 business days once the samples have been received at the laboratory.

HOW WILL I RECEIVE MY TEST RESULTS?

You will receive your test results through the email address provided in your order. Store locations may use our test results portal or provide results via secure email. Contact the location that fulfilled your kit order if you have any problems accessing your test results.

WHAT TEST RESULTS WILL I RECEIVE?

You will receive a report from the laboratory that graphs the levels of estrogen, progesterone, and luteinizing hormone over the course of your entire menstrual cycle. Established normal ranges are provided for reference, as well as examples of several common types of menstrual maps. Interpretive guidance for each of the example maps is also provided to help you understand the impact of the differences and relate them to your own map.

DO I NEED TO MAKE AN APPOINTMENT?

No. You can walk in during our work-friendly hours to purchase this kit. Some locations can also ship this kit directly to you as an alternative option for convenience.

IS A DOCTOR'S ORDER REQUIRED?

This test does not require a doctor's order to purchase.

IF I HAVE QUESTIONS ABOUT MY RESULTS, WHO SHOULD I CONTACT?

We recommend that you share your results with your healthcare provider. If your menstrual map shows imbalances that you find concerning, your healthcare provider may be able to provide additional guidance or recommend further testing.

WHAT IS YOUR REFUND POLICY FOR AT-HOME KITS?

If you request a refund before we ship your Menstrual Cycle Mapping kit, you will receive a full refund. After the kit has shipped, the sale is final and will not be refunded in line with our Terms of Sale.

HOW WILL MY MENSTRUAL CYCLE MAPPING KIT BE SHIPPED TO ME?

Your Menstrual Cycle Mapping kit will be shipped to you via USPS First Class Mail.

CAN I PICK UP MY MENSTRUAL CYCLE MAPPING KIT FROM THE STORE?

Yes. Simply choose this option from the dropdown menu during the order process. Your kit will be waiting for you when you arrive during the store's standard business hours.

WHAT IF I NEVER RECEIVE MY MENSTRUAL CYCLE MAPPING KIT?

Please contact the Any Lab Test Now location where you placed the order. They will be able to assist you and ensure that you receive a test kit.

WHAT SHOULD I DO IF I HAVE QUESTIONS OR PROBLEMS?

Each kit contains the contact information for the Any Lab Test Now store that fulfilled your order. Simply give them a call.

Website test descriptions and all associated information are provided through the Any Lab Test Now Product Management Team, in conjunction with the Medical Professionals Committee and Dr. Ekan Essian, MD, Corporate Medical Director.