

## SAMPLE COLLECTION INFORMATION – FOR PATIENTS

**The MyReceptiva™ test** is based on an endometrial biopsy sampling taken 7-10 days after ovulation. The biopsy window provides our laboratory with the most optimal sample for endometriosis detection. Although the markers measured can be detected outside the biopsy window, results are less reliable and do not provide the same sensitivity and specificity for proper detection. Please follow the directions included with your ovulation test to accurately determine your 4-day biopsy window.

### Detecting Ovulation

**If your ovulation kit detects on:**

<b>Day of the Week:</b>	<b>Biopsy Window opens the following:</b>
<i>Monday</i>	<i>Mon, Tues, Wed or Thur</i>
<i>Tuesday</i>	<i>Tues, Wed, Thur or Fri</i>
<i>Wednesday</i>	<i>Wed, Thurs, Fri or Sat</i>
<i>Thursday</i>	<i>Thur, Fri, Sat or Sun</i>
<i>Friday</i>	<i>Fri, Sat, Sun or Mon</i>
<i>Saturday</i>	<i>Sat, Sun, Mon or Tues</i>

**Once your biopsy window has been defined, contact your healthcare provider to schedule your biopsy.**

### Contraindications for Testing

If you have recently been on birth control, please wait one complete menstrual cycle before scheduling your biopsy. Birth control medications can suppress hormonal activity and could lead to a false negative result.

No invasive procedures involving the uterine cavity should be performed in the two previous cycles leading up to the time of your biopsy. Examples include hysteroscopies and D&Cs.

### The Biopsy Procedure

A thin catheter tubing (comparable to a spaghetti noodle in diameter) is gently inserted thru the vaginal canal, then passed through the cervix into your uterus. Placed against your uterine lining, a suction-like technique is used to pull cells from the uterine lining into the tube. You will experience temporary discomfort and possibly some light cramping in the 5-10 minutes following the procedure. Most patients can resume normal daily activities within 15-20 minutes after a brief resting period.

The sample is then placed in a vial containing 10% formalin. Once in the vial, the sample is immediately stable for safe transport and processing by our laboratory. Please note the sample should have sunk to the bottom of the vial to be considered a proper sample for analysis. If the sample floats in the vial (excess mucosa), your provider did not likely collect sufficient endometrial cells for analysis. The collection process should be repeated immediately. Once verified as an acceptable sample, please make sure your office labels the sample vial with your name and a 2<sup>nd</sup> unique identifier to associate the sample as yours. Please make sure the test request form is completed with all necessary information provided.

### Sample Transport

My Receptiva samples can be shipped Monday through Friday and will be received overnight by our laboratory via the pre-paid FedEx shipping materials provided with your collection kit. Please make note or have your office take note of the FedEx tracking number for your submission. Your sample is then tracked the moment FedEx picks up the sample from your provider's office until the time it reaches our US based laboratory.

MyReceptiva™ results are sent only to the referring provider and cannot be communicated directly to patients.

*Please call us at 800-795-5385 for more information*

## SAMPLE COLLECTION INFORMATION – FOR PROVIDERS

### Biopsy Timing:

Samples should be collected 7-10 days after ovulation detection. Ovulation and biopsy dates should be noted on enclosed test request form.

### Biopsy Description:

Standard endometrial biopsy technique. Optimal sampling is one-half pipelle of endometrial tissue. Adequate sampling is reflected by sample that sinks into 10% formalin vial.



A floating sample indicates excessive mucosa and insufficient endometrial tissue for analysis. Another pass should be attempted immediately.

### Contraindications:

Patient should not be on birth control.

Patient should wait one complete menstrual cycle before scheduling biopsy to ensure birth control medication won't influence results.

No invasive procedures in the 60 days leading up to the biopsy collection. This includes hysteroscopies and other procedures such as D&Cs.

### Test Request Form:

Please make sure the patient's test request form is fully completed. Clinical history or current pain symptoms, if relevant, should also be noted. Our pathology team will note this history as part of their final case report.

### Sample Transport:

All overnight shipping materials and pre-paid stamps have been included to allow for safe and rapid transport to our US based lab. Samples held over due to holidays or weekend schedules are stable at room temperature and do not require special handling.

### Communication of Results:

Please provide a fax number on the test request form for results to be communicated. High volume referrers can be provided a portal login to obtain results 24/7 365 days a year. Cicero Diagnostics does not provide results directly to patients.

### Turnaround Times for Results:

Results are typically available in 7-10 days.

### Result Interpretation & Suggested Treatment Guidelines

Please visit us at [www.myreceptiva.com](http://www.myreceptiva.com) for more information on result interpretations.

Although Cicero Diagnostics, Inc. is not directly involved in the development of treatment guidelines, we work closely with a panel of clinical experts that have developed, published, and shared suggested treatment guidelines for providers and patients.

A listing of qualified endometriosis surgeons is also available for potential patient referrals.

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