

Hormone Information

- If you have recently started hormones, know that you should be on hormones for at least 3 weeks prior to collecting a saliva sample.
- If your health care provider wants a baseline hormone level, you need to be off of oral/ patch supplements for 2 weeks and off cream supplementation for 12 weeks.
- If you are using sublingual hormones, **do not** send in a saliva sample.
- If you are using topical hormones (creams, gels), apply them the night before collection.
- Synthetic hormones may affect progesterone, testosterone and/or estrogen levels. Women taking birth control pills or other synthetic hormones like MPA (medroxyprogesterone acetate) should discuss with a health care provider prior to testing.

For Health Consultants

- Please affix your consultant bar code label to the provider section of the requisition and sign it. This helps us ensure that you receive your patients' results in a timely manner.
- Please check the panels you want to order for your client.
- Please ensure the client is aware date of birth and the collection date and time are required on the requisition in order to process their sample.

Getting Your Results

Approximately 7 to 10 days after we receive your sample, test results will be sent to your health consultant.



Please contact your health consultant if you have any questions regarding your results.

Collection Instructions

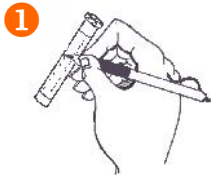
SALIVA HORMONE



****Important:** Absorbent material must stay inside the biohazard bag. Do NOT put absorbent in mouth or collection tube. Collection tube is for saliva only.

Preparing for Collection

- Menstruating women are to collect saliva 7 to 9 days prior to the expected date of next period.
- Postmenopausal women or men can collect any time of the month.
- If using hormones, refer to hormone Information on back of instruction pamphlet.
- Collect morning saliva sample during the first 1 hour after waking. If you have a 4-tube kit, all samples are to be collected on the same day (morning, before lunch, before supper, bedtime)
- Do not eat, brush/floss your teeth or drink anything other than water before collecting saliva sample. Do not drink or sip water *while* you are collecting saliva.
- Please use black or blue ball point pen to complete all forms.



Print your first and last name, date of birth and date and time of collection on the tube.



Fill out requisition form completely and accurately. By providing us with your symptom information, we are better able to interpret your test results.



Wash hands thoroughly with soap and water.

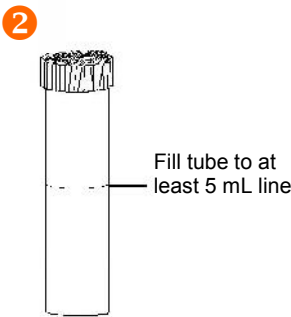
Sample Collection



Begin collecting saliva in collection tube.

If you have difficulty collecting saliva, gently press the tip of your tongue against your teeth or suck on a button.

Do not chew gum or sip water.



Keep spitting into the tube until at least 5mL saliva has been Collected (excluding bubbles). (fifth line from bottom)

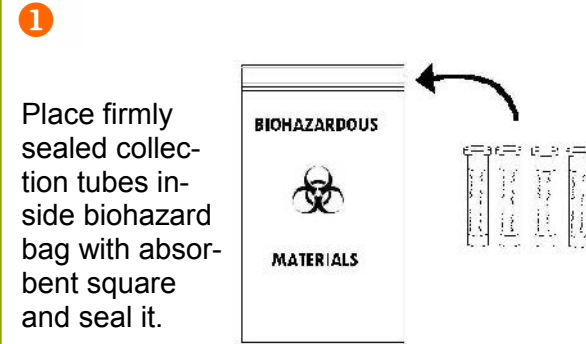
Ensure there is room for expansion during freezing.



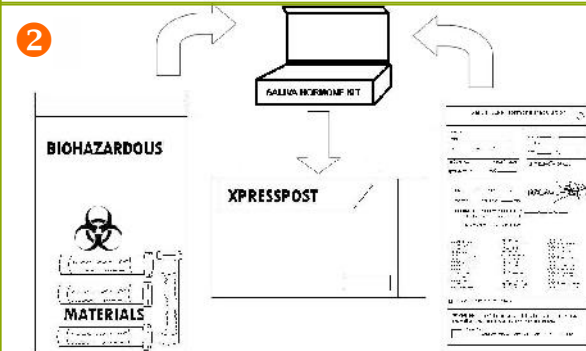
When sample collection is complete, place sample in freezer until ready to mail.

Ensure name, date & time of collection and date of birth are on tube labels prior to freezing.

Mailing Your Sample



Place firmly sealed collection tubes inside biohazard bag with absorbent square and seal it.



Ensure all the collection tubes and the signed requisition form are put into the pre-paid mailer.



Seal the flap of the pre-paid mailer and write your return address (including postal code) in the top left hand corner. Drop the pre-addressed mailer into any Canada Post mailbox.