

If you have questions, please call your provider before proceeding. If your kit is missing components, call (800) 323-2784 for a replacement.



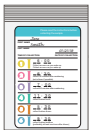
Cardboard kit box



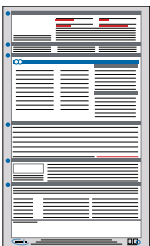
Insulated cooler with lid  
(keep in kit box)



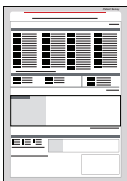
Ice pack  
(place in freezer immediately)



Plastic bag containing:  
6 color-coded saliva tubes and 6 straws



Requisition form



Patient survey



(USA Only)  
FedEx Clinical Pak



(USA Only)  
FedEx  
Billable Stamp

The testing for this profile consists of collecting six saliva samples for hormone analysis.

**BEFORE YOU START:** Please read all of the instructions carefully. Consult your physician for specific instruction and before stopping any medications. Make sure your physician has selected a test profile on the requisition form. Collect saliva on a day that is determined by you and your provider, considering the recommendations on page 4.

2 DAYS BEFORE AND DURING COLLECTION

If testing melatonin, avoid all nuts, fruits, fruit juice, wine, and rice.

NIGHT BEFORE COLLECTION

Place the YELLOW TUBE next to your bed, so that you can collect saliva immediately upon waking. Have an alarm or timer ready to set.

DAY OF COLLECTION

Do not take any supplements until after you have collected all samples.

The first saliva collection must be collected immediately upon waking, before getting out of bed. You may get out of bed after the first collection, but restrict your activity to light tasks, such as showering or getting dressed.

The timing of the first three saliva collections is crucial. Set a timer if necessary for 30 minutes and 60 minutes after waking.

Do not eat or drink anything one hour prior to saliva collection.

Do not brush, floss, or have dental work done 30 minutes prior to saliva collection.

Do not consume food or drinks that contain caffeine.

Before each saliva collection, wash hands and rinse mouth with water, but wait 10 minutes to collect your saliva sample (to avoid dilution.)

Use of cosmetics, other than “anti-aging” creams, is permitted.

WOMEN & MEN ON HORMONES (estrogen, progesterone, testosterone, DHEA)		
Topical Hormones (cream)	Last dose prior to collection should be within a window of <b>12-24 hours before collecting your first sample</b>	Do not apply topical or use sublingual hormones throughout the entire day of saliva collection. This will contaminate your sample and your test results
Sublingual Hormones or Troches (dissolved under tongue)	Last dose prior to collection should be within a window of <b>24-36 hours</b> , followed by two full glasses of water to cleanse the tissues. Then collect your first sample.	
Oral Hormones (pills)	Should be used as prescribed on the day of collection	
Injections, Subcutaneous Pellets and Transdermal Patches	Collect at the halfway point between doses	
CORTISOL/GLUCOCORTICOID SUPPLEMENTATION		
CONSULT WITH YOUR PROVIDER for instruction if you are taking a cortisol supplement for adrenal support (or any other glucocorticoid for medical reasons). Note: certain medications, including hydrocortisone creams and asthma inhalers, contain cortisol. To evaluate your natural cortisol production, it is recommended to stop using cortisol-containing products 5 days prior to sample collection. Consult with your provider prior to stopping cortisol-containing medication(s).		
MELATONIN SUPPLEMENTATION		
If testing melatonin, last dose should be at least 36 hours before first saliva sample collection.		
OTHER		DAY TO COLLECT
Women with menstrual cycles		Collect 1 day during days 19-23 of a 28-day cycle, counting the first day of your period as day 1
Post-menopausal women		Collect any day of the month. If you are taking hormones or are on cortisol and/or melatonin supplementation, please read and follow the recommendations listed above
Women who have had a hysterectomy		
Men not on hormones		
Adrenal function profiles only (cortisol, slgA, and/or DHEA)		
Women w/ hormonal IUD (and no cycle)		

Call your provider with additional questions. Please do not send any medications with your kit.

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## COLLECTING SALIVA

1

collect as soon as you wake up in the **YELLOW TUBE**  
Stay in bed, and finish within 5 minutes of awakening

2

collect 30 minutes after awakening in the **PINK TUBE**  
Collect before breakfast, and set a timer

3

collect 60 minutes after awakening in the **LAVENDER TUBE**  
Collect before breakfast, and set a timer

4

collect before lunch in the **GREEN TUBE**

5

collect before dinner in the **ORANGE TUBE**

6

collect before bedtime in the **BLUE TUBE**  
Preferably at least one hour after dinner

1. 10 minutes before each saliva collection, wash hands and rinse mouth with water.

2. The timing of the first three saliva collections is critical.

3. Fill all tubes regardless of how many tests are ordered.

4. Each tube should be 3/4 full. Bubbles or foam are OK.

5. Use of the included straws to funnel saliva into each tube is optional. Dispose of straws before shipping.

6. After each saliva collection:

- ✓ Snap saliva tube closed tightly.
- ✓ Record the date and times of the collection on the bag and on the requisition form.
- ✓ Place saliva in freezer immediately. When all four tubes have been collected, place all tubes into plastic collection bag with absorbent material and keep in freezer with frozen ice pack until ready to ship.

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## SHIPPING

### PREPARE THE PACKAGE

**1. Ship Monday - Friday only.** You will be charged a pick-up fee if you call for a Saturday pick-up. Weekend or holiday collection: keep the specimen in the freezer until the following business day to ship.

**2. Complete all paperwork, including requisition form and patient survey.** US patients only: fill out the ABN on the back of the requisition form.

**3. Place items into the cardboard kit box in the following order:**

- Insulated cooler
- Plastic bag with frozen specimen tubes, zipped closed
- Frozen ice pack
- Requisition form, patient survey, and payment (if applicable)

**4. Replace the lid of the cooler, and close the cardboard box.**

**Place inside the Clinical Pak.** Write your name and address on the Billable Stamp and tear off the Customer Receipt for your records. Place on FedEx Clinical Pak.

### SCHEDULE A PICK-UP (USA ONLY)

**Call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX).** At the greeting, say "Schedule a Pick-up." When prompted, say "Schedule a Pick-up using a Label or Stamp." Reply "Yes" when asked if the word "Stamp" is written on the waybill. You will then be asked for your address information. **DO NOT USE A DROP BOX.**

In some cases, Doctor's Data provides prepaid shipping from certain countries outside the United States. If that policy pertains to this collection kit, then country specific shipping materials (including an Air Waybill and instructions) will be included in the kit contents. If there are not any shipping materials included or you choose to use a different courier or level of service than provided, you must make your own shipping arrangements at your own expense.

hormone analysis +  
cortisol awakening response

hormone analysis  
SALIVA COLLECTION



## INSTRUCTIONS

Read all instructions before collecting specimens.

