

SALIVA

Collection Instructions

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

Before proceeding, please check through the following guidelines. Without taking these precautions your results may be inaccurate.

IMPORTANT NOTES

'HORMONE USERS GUIDE'

Continue to use your hormones as prescribed. You do NOT need to stop current hormone medication prior to collection unless advised by your healthcare practitioner.
Please follow the chart below for optimal timing of collection.

Hormone type:	Collect Sample
Creams/gels/capsules	12-24 hours after last dose
Troche/sublingual	36 hours after last dose
Patches	24-48 hours after applying patch
Injection/ Pellets	Midpoint between treatment

- On the day of collection; **STRICTLY AVOID** caffeine, alcohol and nicotine (smoking) unless you are told otherwise by your healthcare provider.
- During the 2 hours prior to collection; **DO NOT** eat, brush or floss your teeth or use mouthwash. You may drink a little water during this time.
- Before collection; wash hands thoroughly with soap and water to avoid contamination.

SALIVA

If you are under the care of a healthcare practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.

KIT CONTENTS

Check contents of kit. If items are missing or you have any questions regarding this kit, please contact Customer Service on 1300 688 522.

1 or 2 or 4 or 5 or 6 Tubes	1 x Specimen transport bag
1 x Request form	1 x Padded post envelope

SPECIMEN COLLECTION

1. Please collect each of the tubes provided at the time(s) of day indicated by your healthcare provider. Generally if only one tube is provided you need to **collect the sample between 6-8am.**
2. To collect the sample, rinse your mouth with a little water and wait 5 minutes before beginning to collect saliva in the tube. During the collection, do not cough, clear your throat or collect mucous from the back of your throat into the collection tube. Allow saliva to accumulate naturally in your mouth, and when an adequate amount is collected, transfer this to the saliva collection tube.
3. **FILL THE COLLECTION TUBE** to the top with liquid saliva. Avoid foamy saliva or 'bubbles'. Tap the tube with the fingernail or tap on a hard surface to reduce bubbles. Insufficient saliva samples **cannot** be processed. **ENSURE THE CAP IS SCREWED ON CORRECTLY AND TIGHTLY TO AVOID LEAKAGE IN TRANSIT.**
4. Make sure **full patient name, collection time and date of collection** are written on the tube/s and the cap is replaced tightly to avoid leakage. Place the filled tube into the refrigerator until shipping to the lab.
DO NOT FREEZE.
5. Repeat steps 1 – 4 for each collection tube at the times indicated by your practitioner if they expect you to be tested for multiple samples in the same day.

COLLECTION KIT

If doing a Female Hormone Profile (1x 5ml Tube):

Please collect the sample on **day 19-21** of your cycle **at 6-8am** (or as advised by your practitioner). Ensure you label the tube correctly with patient name, date of birth, date of collection and the time collected including am or pm.

If doing a Male Hormone Profile (1x 5ml Tube):

Please collect the sample between **6-8am** (or as advised by your practitioner). Ensure you label the tube correctly with patient name, date of birth, date of collection and the time collected including am or pm.

If doing an Adrenocortex Stress profile (4 x 5ml Tubes):

You will need to collect a sample at **8am, 12noon, 4pm, 8pm** all within the **SAME day (or times advised by your practitioner)**. Ensure you label all tubes correctly with patient name, date of birth, date of collection and the **time collected including am or pm on EACH TUBE.**

If doing a Sleep Cycle profile (1x 5ml Tube):

You need to collect the sample **between 12 midnight–2am (or as advised by your practitioner)**. Ensure you label the tube correctly with patient name, date of birth, date of collection and the time collected including am or pm.

Adrenocortex Stress profile & Hormone profile (4x 5ml Tubes):

You will need to collect a sample at **8am, 12noon, 4pm, 8pm** all within the **SAME day (or times advised by your practitioner)**. Ensure you label all tubes correctly with patient name, date of birth, date of collection and the **time collected including am or pm on EACH TUBE.**

6. Ensure that the NutriPATH request form is completely filled out including full name, date of birth, residential address, contact number and credit card details.
7. Please complete the 'NutriPATH Patient Checklist Form' prior to sending samples for testing to ensure no delays in test results.

"Thank you for your request, Results will be forwarded to your referring practitioner"