

Saliva Testing

Please read all instructions prior to collection

COLLECTION
chart on back
panel

Review the “Users Guide(s) to Collection” on the back panel for collection timing. We also strongly recommend you view our quick video on how to best collect a saliva sample at www.salivavideo.com or www.zrtlab.com. Large print instructions available at www.zrtlab.com.

Collection Time (Note: Not all tests require multiple tubes)

All testers must collect the large tube in the morning.

If testing AM/PM Cortisol or Female/Male Saliva Profile II:

- ▶ Collect the large tube in the morning before breakfast/beverage
- ▶ Collect the small tube just before bedtime

If testing Diurnal Cortisol, Female/Male Saliva Profile III, or any Comprehensive or Fertility Profiles:

- ▶ Collect the large tube in the morning before breakfast/beverage
- ▶ Collect a small tube at noon, before lunch
- ▶ Collect a small tube just before dinner
- ▶ Collect the last small tube at bedtime

Test Results: Completion of the hormone tests typically takes about 3-5 days from the date ZRT receives your sample. Test results are returned to the health care provider who ordered them; you may obtain a copy there.

DISCLAIMER: ZRT Laboratory is a testing facility only, and does not diagnose, treat, or recommend treatment for medical conditions.

LABORATORY TESTING MADE SIMPLE
(866) 600-1636 | info@zrtlab.com | www.zrtlab.com

ZRT Laboratory

1 PREPARE FOR SALIVA COLLECTION



1. Wash hands with soap and warm water - dry with clean towel.
2. Lay out the contents of the saliva test kit.
3. If possible, watch saliva collection video at www.salivavideo.com.

Do NOT eat, drink (except water), or brush teeth at least 2 hours prior to collection. Do not use lip products day of collection.

NOTE: Not all tests require the use of four tubes. Unused tube(s) can be recycled. To determine which of the tubes to use please refer to front panel under Collection Time.

2 COLLECT SAMPLE(S)



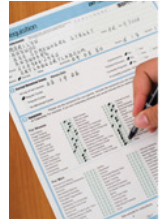
1. Rinse mouth several times with water 5 minutes prior to collection.
2. Allow saliva to pool in mouth and transfer (spit) into tube.
3. Fill tube at least 1/2 full - allow 5-30 minutes for collection.
4. When finished, cap the tube tightly.
5. Write name, date, and time of collection on tube then place in the zip-lock bag.

6. Repeat steps 1-4 for additional noon, evening, night collections.

TIPS: Dry mouth? Try pressing tip of tongue against teeth. Smelling (not eating) a lemon or other food can start saliva flow. Yawning can help saliva pool in mouth.

Mistake Collecting? Just rinse out the entire tube with hot water (no soap) and shake out any remaining water. Start over using the same tube.

3 COMPLETE PAPERWORK



1. Complete ALL sections on the Test Requisition.

- Collection date & time(s)
- Hormone usage
- Hormones to be tested (unless pre-marked on paperwork)
- Symptoms
- Payment information
- Signature

2. Place sample tube(s), test requisition and any other paperwork **INSIDE** the test kit box, snap test kit lid shut.

4 SEND SAMPLE(S) TO LAB



1. Place entire test kit box inside the return packaging.
2. Affix the prepaid label or postage if required.
3. Return using the appropriate carrier, retain tracking information if provided.

NOTE: Samples should be sent as soon as possible after collection and will remain stable under average shipping conditions. If sample(s) will not be sent the day of collection, please store in the freezer and note dates in Section 5 of the Test Requisition.

Non-Hormone Users Guide to Collection

WOMEN	COLLECT
Regular Periods	Day 19, 20, or 21 of cycle (first day of bleeding = day 1)
Irregular Periods	Collect when not bleeding (5 days before expected period)
No Periods and/or women testing only Cortisol or DHEA-S	Any day of the month
MEN	Any day of the month

Hormone Users Guide to Collection

You do NOT need to stop current hormone therapy prior to collection. Continue to use hormones as usual and follow chart below for optimal timing of collection.

HORMONE TYPE	COLLECT SAMPLE
Pills, Gels, Creams, Sprays (oral, topical*, vaginal)	12-24 hours AFTER last dose
Sublinguals and Troches (dissolve under tongue)	36 hours AFTER last dose
Patches	1-2 days after applying patch
Injections/Pellets	Midpoint between injection/pellet inserts
THE FOLLOWING ALSO QUALIFY AS HORMONES (not limited to): Birth control, melatonin, hydrocortisone, creams containing pregnenolone and/or placental derivatives. Collect as above.	

If you collect saliva outside the recommended time frame above, this may result in hormone levels lower or higher than ZRT reference ranges for hormone users.

***Topical Hormone Users should follow the instructions below to avoid direct contamination of saliva during collection.**

- ▶ Do NOT use bare hands for topical hormone application for at least two days prior to saliva collection (apply hormones using latex gloves or preferably hormone-loaded syringe or applicator).
- ▶ Do NOT apply hormones to face or neck - apply to areas of the body that can be covered by clothing to avoid transfer of hormones from fingers to face, lips, or mouth.
- ▶ Wash hands thoroughly with soap and water after each application of hormones and dry with clean towel.
- ▶ False-high saliva results can result when hormones from contaminated surfaces (faucets, counters, door knobs) or towels are transferred inadvertently from fingers/hands and then to face, lips, or mouth.