

DRIED URINE & SALIVA

Testing Instructions

1 Choose Your Collection Day

Read all instructions thoroughly and decide the ideal day(s) for you to test. Mark it on your calendar.

Men, Children & Non-Menstruating Women

- ▶ Collect Dried Urine and Saliva any day of the month.

Menstruating Women

- ▶ If testing Saliva Estradiol (E2), Progesterone (Pg) or Testosterone (T):
 - Regular Cycles: Collect on day 19, 20 or 21 of the menstrual cycle. (Day 1 = first day of your period.)
 - Irregular Cycles: If you know when your period will start, choose 5 days before.
 - Unpredictable: Collect any day when not bleeding.
- ▶ For Saliva tests not listed above, you can collect any day of the month.
- ▶ For Dried Urine tests, you can collect any day not menstruating.
- ▶ Failure to follow instructions may compromise your lab results.



View the collection video at www.zrtlab.com

2 Hormone Users *skip this step if not using hormones*

- ▶ **Topical & Oral:** The day before testing, continue use of hormones as prescribed. Make sure any night dosage is applied at least 12 hours before planned morning collection. For example, dose before 8pm for an 8am collection. If using oral progesterone, your dosage can be right before bed.

Do NOT use bare hands for topical hormone application for at least two days prior to collection (apply hormones using latex gloves or preferably hormone-loaded syringe or applicator). Avoid using hormones on the face, lips and neck. Change sheets, pillow cases and hand towels the night before collecting. Avoid touching bathroom surfaces which may be contaminated with traces of hormones.
- ▶ **Patches, Vaginal Rings, Pellets or Injectables:** Test half-way between doses. For example, collect 3 days after a once-a-week patch or 2 weeks after a once-a-month injection.
- ▶ **Troches or Sublingual Therapies:** Not recommended for saliva hormones; talk to your health care provider about blood spot testing.
- ▶ **7-Keto DHEA:** Avoid for 3 days prior to collecting. Does not apply to regular DHEA.
- ▶ **Steroids (e.g. glucocorticoids, hydrocortisone, prednisone):** Talk to your health care provider about appropriate timing.

3 Prepare for Collection

- ▶ Avoid anti-aging/anti-wrinkle facial creams for 3 days prior to testing as they may contain undisclosed hormones.
- ▶ Do not eat, drink (except water) or brush your teeth prior to your first collection of the day and for the 2 hours prior to collecting throughout the day.
- ▶ Refrain from drinking more than 8 oz water in the hour before each dried urine strip collection to allow your urine to concentrate.
- ▶ Unless otherwise directed by your health care provider, use the collection table below as a guide to time your collections.

Collection Timetable	# OF TUBES	UPON WAKING	BEFORE LUNCH	BEFORE DINNER	BEFORE BED
Dried Urine		Strip #1			Strip #2
		👉			👉
Saliva		Large Tube	Small Tube	Small Tube	Small Tube
All testers	1	👉			
AM/PM Cortisol or Saliva Profile II	2	👉			👉
Adrenal Stress Profile, Diurnal Cortisol or Saliva Profile III	4	👉	👉	👉	👉

4 Collect Samples

Dried Urine Collection

Important

Diet & Supplement Considerations

If you take iodine and/or selenium supplements (e.g. Iodoral, multi-vitamin) daily, continue to take them as usual when testing. If you eat foods high in iodine or selenium, or take supplements only periodically, avoid them the day before and day of your urine collection. Foods highest in iodine include seafood, seaweed (kelp) and dairy products. Foods highest in selenium include Brazil nuts.



STEP 1

At each collection time: Remove a collection card from the baggie.

Write your name, the date and time of collection on the card prior to collecting the sample.



STEP 2

To collect: Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Saturate the filter paper by directly urinating onto it, or by collecting your urine in a clean cup and dipping the filter paper up to the top black dash line.



STEP 3

Hang or tape the collection card in a secure place to dry - like over a towel rack. Make sure that the urine-saturated filter paper does not touch anything.



STEP 4

Allow to dry completely for at least 6 hours.* Once dry, refold the collection card and place sample back into the baggie and seal. Repeat steps 1-4 for each collection.

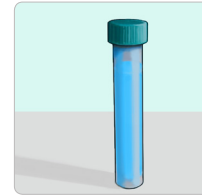
Saliva Collection

Important

- ▶ Each saliva sample must fill the tube at least half way, not including bubbles.
- ▶ Mistake collecting saliva? Rinse your tubes out with hot water (no soap), shake out remaining water, and air dry. Restart your collection at the appropriate time.
- ▶ Freeze any samples not being shipped within 24 hours. Samples will be stable during shipping.

STEP 1

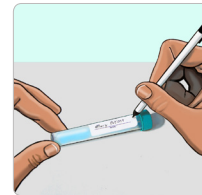
Begin collecting your first saliva sample into the large tube within 30 minutes of waking for the day. Wash hands with soap and water. Use a clean towel to dry hands. Rinse your mouth with water. Wait 5 minutes before beginning collection.



STEP 2

Allow saliva to pool in mouth, then transfer to tube. Fill tube at least half full, not including bubbles. Collection usually takes 15-30 minutes depending on saliva flow. When done, cap the tube.

Tip: Smelling food, yawning or pressing the tip of your tongue against your teeth can all help with saliva flow.



STEP 3

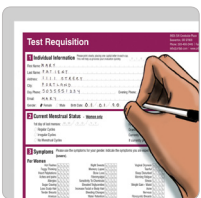
Write your name, the date and time of collection on the tube.

Place the tube back into the bag.

STEP 4

Repeat this process for any other collection times using the smaller tubes provided. Do not eat, drink (except water) or brush teeth for at least 2 hours prior to collections.

5 Finish & Send



STEP 1

Complete all paperwork. Make sure all sections are filled in and your form is signed.



STEP 2

Place the samples,* the Test Requisition form and any additional paperwork back into the plastic test kit box. Make sure to include payment (if applicable). Snap test kit lid shut.



STEP 3

Place the entire test kit box inside the return packaging. Affix the prepaid label or postage if applicable. Return using the appropriate carrier. Samples will remain stable under average shipping conditions, including over weekends and holidays.

***Note that samples MUST be completely dry before being placed in the kit box for shipping. Failure to ensure that samples are dry may result in the need for sample recollection.**