



Saliva + Blood Spot Hormone Collection Kit

Saliva + Blood Spot Collection Instructions

Review at least **1-week prior** to collection.

Available online at www.zrtlab.com



Click here to view the collection video
or visit www.zrtlab.com/collection-videos

Section 1: Identify Your Panel Requirements

Begin by identifying your panels. In Section 6 of the Test Requisition Form, locate the test code associated with your selected panels and match it to the list below.

Tip: Consider combination panels, as they may provide your selected tests at a more cost-effective rate while delivering broader clinical insight.

Collection Materials

Saliva Tubes



1 Large
10mL Tube



3 Small
5mL Tubes

Blood Spot Card



(1)

Please Note: Collection steps and required kit materials vary by panel, your panel may not require all materials provided in this kit.

Test Code + Panel

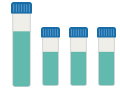
Collections Required

S-101	Cortisol Saliva: C	
S-120	4-Point Cortisol Saliva: C(x4)	
S-121	Adrenal Stress Saliva: DHEAS, C(x4)	
S-123	LCMS Hormones 3 Saliva: E2, Pg, T	
S-124	LCMS Hormones 5 Saliva: E2, Pg, T, DS, C	
S-125	LCMS Hormones 7 Saliva: E2, E3, E1, Pg, T, DS, C	
S-126	LCMS Hormones 17 Saliva: E2, E3, E1, PregS, Pg, AlloP, 17OHPg, Adione, T, D, DS, 7keto, 11DC, C, Cn, Ccn, Ald	

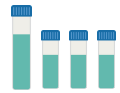
S-127 LCMS Hormones 23
 Saliva: E2, E3, E1, EE, PregS, Pg, AlloP, 17OHPg, Adione, T, DHT, D, DS, 7keto, 11DC, C, Cn, Ccn, Ald, Mel, ANZ, FIN, LTZ



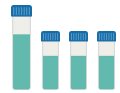
S-140 LCMS Hormones 3 with 4-Point Cortisol
 Saliva: E2, Pg, T, C(x4)



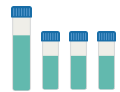
S-141 LCMS Hormones 5 with 4-Point Cortisol
 Saliva: E2, Pg, T, DS, C(x4)



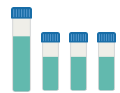
S-142 LCMS Hormones 7 with 4-Point Cortisol
 Saliva: E2, E3, E1, Pg, T, DS, C(x4)



S-143 LCMS Hormones 17 with 4-Point Cortisol
 Saliva: E2, E3, E1, PregS, Pg, AlloP, 17OHPg, Adione, T, D, DS, 7keto, 11DC, Cn, Ccn, Ald, C(x4)



S-144 LCMS Hormones 23 with 4-Point Cortisol
 Saliva: E2, E3, E1, EE, PregS, Pg, AlloP, 17OHPg, Adione, T, DHT, D, DS, 7keto, 11DC, Cn, Ccn, Ald, Mel, ANZ, FIN, LTZ, C(x4)



B-201 Sex Hormone Binding Globulin
 Blood: SHBG



B-202 Prostate-Specific Antigen
 Blood: PSA



B-203 Thyroid-Stimulating Hormone
 Blood: TSH



B-204 Luteinizing Hormone and Follicle-Stimulating Hormone
 Blood: LH, FSH



B-205 Anti-Müllerian Hormone
 Blood: AMH



B-206 High-Sensitivity C-Reactive Protein
 Blood: hsCRP



B-207 Insulin, Fasting

Blood: IN



B-208 Hemoglobin A1c

Blood: HbA1c



B-220 Thyroids

Blood: TSH, FT3, FT4, TPOab, Tgbn, TT4



B-221 Lipids

Blood: HDL, TG, CH, LDL, VLDL



B-222 CardioMetabolic

Blood: IN, HBA1c, HDL, TG, CH, hsCRP



B-223 LCMS Vitamin D

Blood: D2, D3



B-224 ICPMS Toxic and Essential Elements

Blood: Zn, Cu, Mg, Se, Cd, Hg



B-240 LCMS Hormones 3 with SHBG

Blood: E2, Pg, T, SHBG



B-241 LCMS Hormones 5 with SHBG

Blood: E2, Pg, T, DS, C, SHBG



B-242 LCMS Hormones 7 with SHBG

Blood: E2, E3, E1, Pg, T, DS, C, SHBG



B-243 LCMS Hormones 7 with SHBG and Thyroids

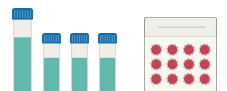
Blood: E2, E3, E1, Pg, T, DS, C, SHBG, TSH, FT3, FT4, TPOab, Tgbn, TT4



SB-640 Saliva 4-Point Cortisol + Blood Spot Thyroids

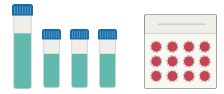
Saliva: C(x4)

Blood: TSH, FT3, FT4, TPOab, Tgbn, TT4



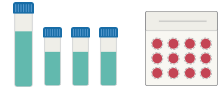
SB-641 Saliva 4-Point Cortisol + Blood Spot CardioMetabolic

Saliva: C(x4)
 Blood: IN, HbA1c, HDL, TG, CH, hsCRP



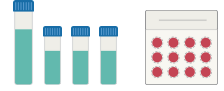
SB-642 Saliva 4-Point Cortisol + Blood Spot Thyroids and CardioMetabolic

Saliva: C(x4)
 Blood: TSH, FT3, FT4, TPOab, IN, Tgbn, HbA1c, HDL, TG, CH, hsCRP, TT4



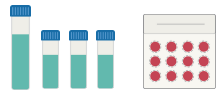
SB-643 Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG

Saliva: C(x4)
 Blood: E2, E3, E1, Pg, T, DS, C, SHBG



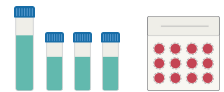
SB-644 Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG and Thyroids

Saliva: C(x4)
 Blood: E2, E3, E1, Pg, T, DS, C, SHBG, TSH, FT3, FT4, TPOab, Tgbn, TT4



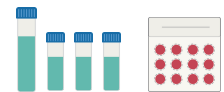
SB-645 Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG and CardioMetabolic

Saliva: C(x4)
 Blood: E2, E3, E1, Pg, T, DS, C, SHBG, TSH, FT3, FT4, TPOab, Tgbn, TT4



SB-646 Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG, Thyroids and CardioMetabolic

Saliva: C(x4)
 Blood: E2, E3, E1, Pg, T, DS, C, SHBG, IN, HbA1c, HDL, TG, CH, hsCRP



SB-647 Saliva LCMS Hormones 7 + Blood Spot Thyroids

Saliva: E2, E3, E1, Pg, T, DS, C
 Blood: TSH, FT3, FT4, TPOab, Tgbn, TT4



SB-648 Saliva LCMS Hormones 7 + Blood Spot CardioMetabolic

Saliva: E2, E3, E1, Pg, T, DS, C
 Blood: IN, HbA1c, HDL, TG, CH, hsCRP



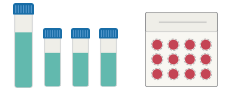
SB-649 Saliva LCMS Hormones 7 + Blood Spot Thyroids and CardioMetabolic

Saliva: E2, E3, E1, Pg, T, DS, C
 Blood: TSH, FT3, FT4, TPOab, IN, Tgbn, HbA1c, HDL, TG, CH, hsCRP, TT4



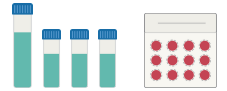
SB-650 Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot Thyroids

Saliva: E2, E3, E1, Pg, T, DS, C(x4)
 Blood: TSH, FT3, FT4, TPOab, Tgbn, TT4



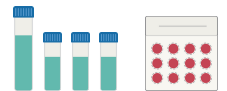
SB-651 Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot CardioMetabolic

Saliva: E2, E3, E1, Pg, T, DS, C(x4)
 Blood: IN, HbA1c, HDL, TG, CH, hsCRP



SB-652 Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot Thyroids and CardioMetabolic

Saliva: E2, E3, E1, Pg, T, DS, C(x4)
 Blood: TSH, FT3, FT4, TPOab, IN, Tgbn, HbA1c, HDL, TG, CH, hsCRP, TT4



SB-653 Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot Thyroids, CardioMetabolic, and LCMS Vitamin D

Saliva: E2, E3, E1, Pg, T, DS, C(x4)
 Blood: TSH, FT3, FT4, TPOab, D2, D3, IN, Tgbn, HbA1c, HDL, TG, CH, hsCRP, TT4



Section 2: Choose Your Collection Day

Before You Begin

Read all instructions thoroughly and decide the ideal day to collect. Mark it on your calendar. List all current medications on the test requisition.



Failure to follow instructions may compromise lab results or interpretation.

Men, Children, & Non-Menstruating Women

Hormone Users See Section 3

Collect any day of the month.

Menstruating Women

- If testing FSH for fertility reasons, collect on day 3 of menstrual cycle.
- If testing 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 Cycles:** Collect any non-bleeding day.
- For all other tests, you can collect on any day of the month.

Section 3: Hormone Users *Skip if not using hormones*

Write all hormones used on your requisition. Failure to do so may result in incorrect reference ranges and commentary.

! Do NOT stop hormone usage — continue as prescribed.

Avoid contamination: Change sheets, pillowcases, and towels the night before collection; avoid touching bathroom surfaces that may contain hormone residue.

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 with gloves or applicator). Avoid using hormones on the face, lips and neck.

Troches or Sublingual Therapies

Not recommended for saliva hormone testing. For blood spot testing, follow guidelines for Topical & Oral above. Troche or sublingual therapy users can collect 6-10 hours after last dosage if testing blood spot.

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.

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.

Section 4: Prepare for Collection

To ensure **accurate** results, begin preparing for your collection according to the instructions below.

3 Days Prior to Testing

Avoid anti-aging/anti-wrinkle facial creams and biotin/vitamin B7 (hair and nail formulas).





Day of Collection

If you are testing CardioMetabolic panels or tests (e.g. insulin, triglycerides) ZRT recommends fasting (no food or drink other than water) 10-12 hours overnight before collecting in the morning.

Section 5: Time Your Collection

Saliva Collection Timetable

Confirm your panel before following below timetable. The number of saliva collections required varies by panel.

Test Code			Tubes Required	Upon Waking	Before Lunch	Before Dinner	Before Bed
S-101 S-123 S-124 S-125 S-126 S-127	SB-647 SB-648 SB-649		1	 Large 10mL Tube	X	X	X
S-120 S-121 S-140 S-141 S-142 S-143	S-144 SB-641 SB-642 SB-643 SB-644 SB-645	SB-646 SB-650 SB-651 SB-652 SB-653	4	 Large 10mL Tube	 Small 5mL Tube	 Small 5mL Tube	 Small 5mL Tube

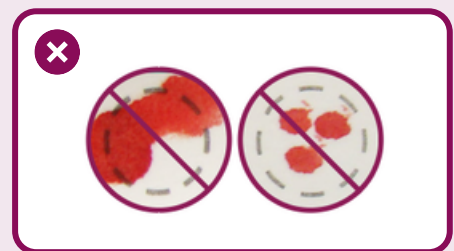
Blood Spot Collection Timing

Collect blood sample within 1 hour of waking. Fill all the circles on the card completely, if possible, but prioritize well-saturated spots over partially filled.

! Important

Samples that do not meet criteria below may not be usable for testing. Each blood spot must:

- Soak through the collection card so that blood shows through on the back.
- Be spherical and fill as much of the circle as possible.
- Contain one drop per circle, no overlapping.



Section 6: How to Collect Saliva

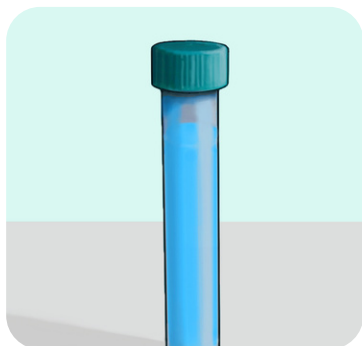


STEP 1

Begin collecting your first saliva sample into the large 10mL 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.

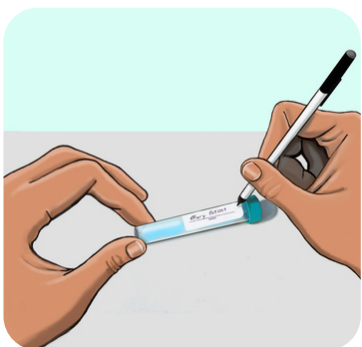
Tip: Smelling food, yawning or pressing the tip of your tongue against your teeth can all help with saliva flow.



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, securely screw cap onto tube.

Tip: Gently tap the tube on a hard surface to help eliminate any bubbles filling up the tube.



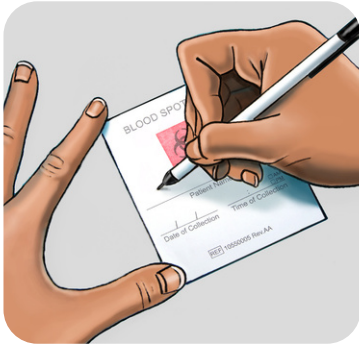
STEP 3

Write your **name**, the **date**, and **time of collection** on the tube label. Return the tube to the bag.

STEP 4

Repeat this process for any other collection times using the smaller 5mL tubes provided (if applicable). Do **not** eat, drink (except water) or brush teeth at least 2 hours prior to collections.

Section 7: How to Collect Blood

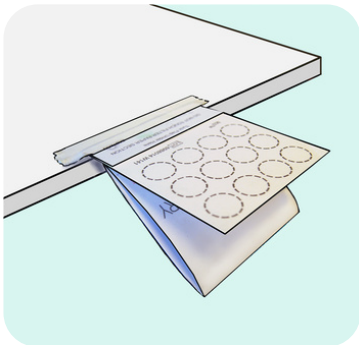


STEP 1

Collect blood sample within **1 hour** of waking.

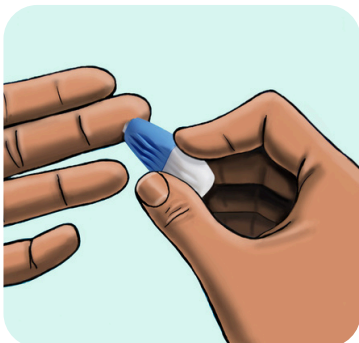
- Write your name, the date and time of collection on the card prior to washing hands.
- Wash hands with soap and water.
- Use a clean towel to dry hands.
- Make sure hands are warm and circulation is going.

Tip: To encourage blood flow before nicking finger, rub hands together/swing arm and/or run hand under warm water.



STEP 2

Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Tape card to a flat surface like a table, below heart under waist level. Open the alcohol prep pad and sterile gauze. Select finger. Middle or ring finger of non-dominant hand is recommended.



STEP 3

Wipe finger with alcohol prep pad and allow to air dry. Twist cap off lancet and press small white section firmly against the side of finger pad until lancet clicks. Wipe away the first blood drop with gauze.



STEP 4

Position finger over circle on blood spot card and gently milk (don't squeeze) blood from the finger. Collect so that your hand is below your waist, allowing gravity to assist with blood flow.

Tip: Squeeze arm from elbow to base of finger.

STEP 5

As blood drop forms and is ready to fall, touch the drop onto the center of the circle (one drop per circle). Continue collection, preferably until all circles have been filled – but it is more important to have several good sized spots than to fill all the circles. When finished, apply bandage.

STEP 6

Leave blood spot card open to dry – minimum 4 hours. Once sample is dry, close cover. Store card in a cool, dry location away from direct sunlight until it is shipped.

