



Saliva Cortisol Awakening Response Test Kit

# Saliva CAR Collection Instructions

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

Available at [www.zrtlab.com](http://www.zrtlab.com)



Click here to view the collection video  
or visit [www.zrtlab.com/collection-videos](http://www.zrtlab.com/collection-videos)

# Section 1: Identify Your Panel

Start by identifying your panel(s). Use the SKU codes on your requisition form to match your selected panel(s) in the list below. **Collection steps may vary by panel.**



Failure to follow instructions may compromise lab results or interpretation.

## Saliva Panels

**S-122 Cortisol Awakening Response: DHEAS, C(x6)**

## 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 test requisition.

**Men, Women, & Children Who Do Not Use Hormones:** Collect any day of the month.

**Hormone Users:** See Section 3.

## 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 hormones; talk to your health care provider about blood spot testing.

### 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 timeline below.

### 3 Days Prior to Testing

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

### Day of Collection

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.

### Collection Timetable

Confirm your panel before following below table.

Panel Name	Tubes Required	Tube 1 Upon Waking	Tube 2 30 Min After Waking	Tube 3 60 min After Waking	Tube 4 Before Lunch	Tube 5 Before Dinner	Tube 6 Before Bed
Cortisol Awakening Response	6						

## Section 5: Start Your Collection

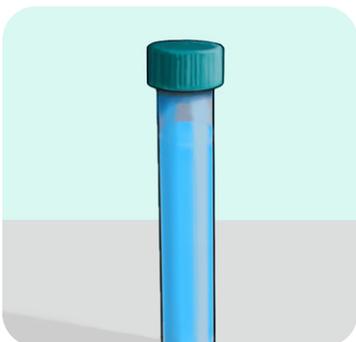


### STEP 1

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.

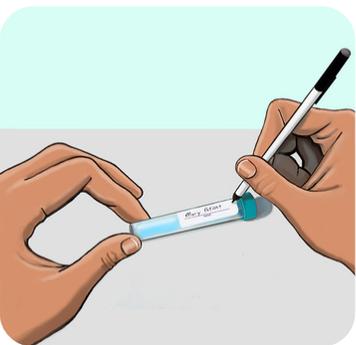
**Tip:** Smelling food, yawning or pressing the tip of your tongue against your teeth can all help with saliva flow.



### 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.



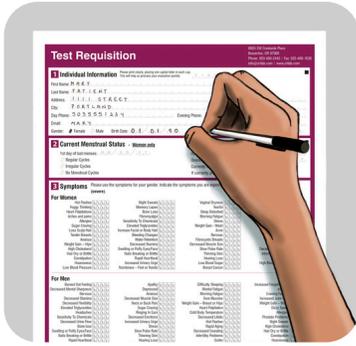
### STEP 3

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 6: Finish & Send



## STEP 1

**Complete all paperwork.** Failure to fill out your requisition form fully may cause delays, sample rejections, or inaccurate report.



## STEP 2

Place the **sample(s)**, 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. Failure to ensure that samples are dry may result in the need for sample recollection.

## Important Notes

- **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.
- Each saliva sample must fill the tube at least halfway, not including bubbles.
- **Freeze any samples not being shipped within 24 hours.** Samples will remain stable under average shipping conditions, including over weekends and holidays.