Version 4 | 11.1.26

Single-Tube Saliva Test Kit

Saliva Collection Instructions

Carefully Review Prior to Collection

Also available at www.zrtlab.com

Scroll to begin

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 Tube



1 Large
10mL Tube

Test Code + Panel		Collections Required
S-101	**Cortisol** Saliva: C	
S-102	**Saliva LCMS Estradiol** Saliva: E2	
S-103	**Saliva LCMS Progesterone** Saliva: Pg	
S-104	**Saliva LCMS Testosterone** Saliva: T	
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	

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)

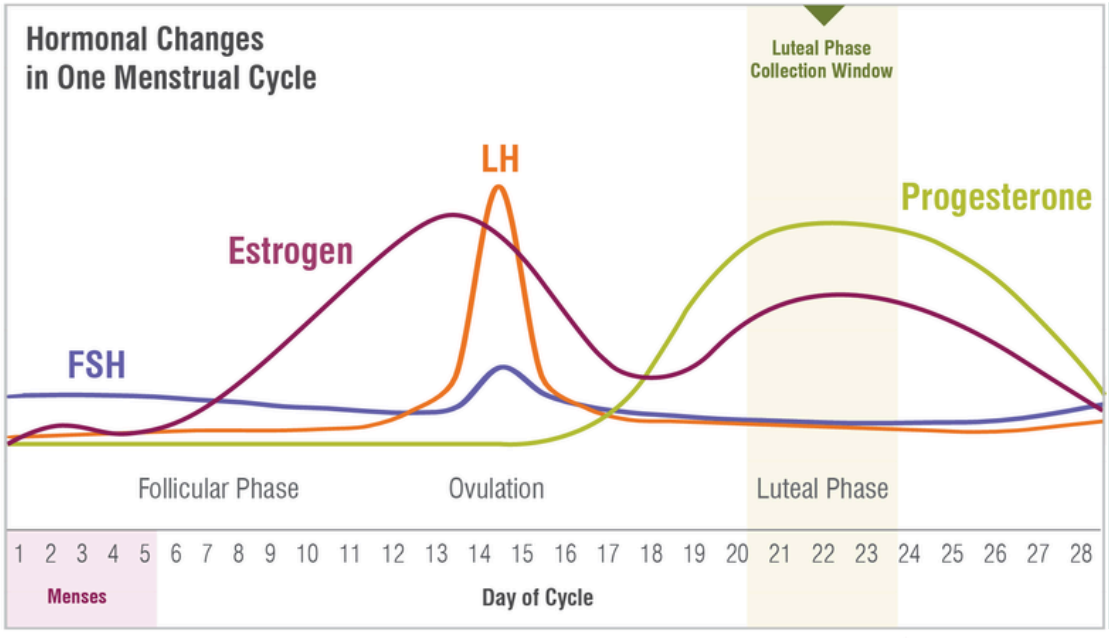
Collect any day of the month.

Menstruating Women

If testing Estradiol (E2), Progesterone (Pg) or Testosterone (T):

Note: *Day 1 = First day of your period flow (not spotting).*

- **Regular Cycles** (your cycle is about the same length each month):
  - Cycle length **23-26 days:** Collect day 17, 18 or 19
  - Cycle length **27-30 days:** Collect day 21, 22 or 23
  - Cycle length **31-34 days:** Collect day 25, 26 or 27
  - **For longer or shorter cycles:** Collect 5-7 days before the expected start date of your next period.
- **Infrequent** or **Unpredictable Cycles:** Collect any non-bleeding day.



This illustration is an example of a 28-day cycle. Hormonal changes and day of ovulation vary with cycle lengths.

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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. Samples may be fully or partially rejected.

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.

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.

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3 Days Prior to Collection

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

1 Night Prior to Collection

The night before collection stay well-hydrated but avoid excessive liquid consumption. Dehydration and over-hydration can affect salivary hormone excretion.

Day of Collection

Do not eat, drink (except water) or brush your teeth prior to your collection.

Collection Timing

Begin collecting your saliva sample into the tube within 30 minutes of waking for the day by following the collection steps in **Section 5**.

Section 5: Start Your Collection

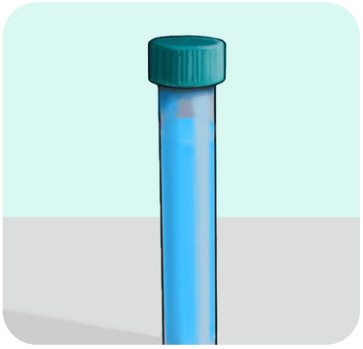
Click here to view the collection video
or visit **www.zrtlab.com/collection-videos**

STEP 1

Begin collecting your saliva sample into the 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.

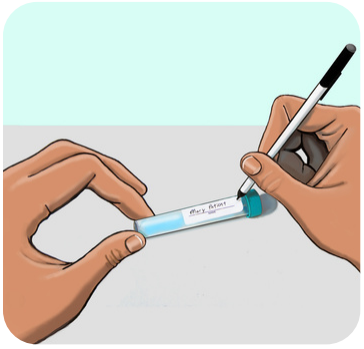
Tip: Smelling food, yawning or pressing the tip of your tongue against your teeth can all help with saliva flow.



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.

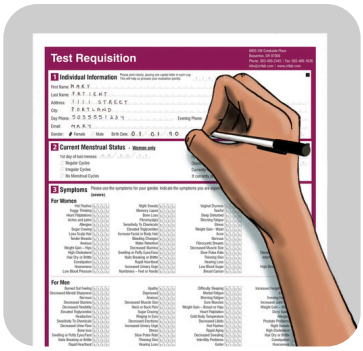
Tip: Gently tap the tube on a hard surface to help eliminate any bubbles filling up the tube.



STEP 3

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

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**, 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.

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.