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## KIT CONTENTS

If you have questions, please call your provider before proceeding. If your kit is missing components, call (800) 323-2784 for a replacement.



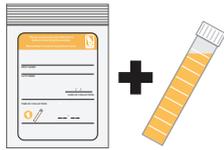
Cardboard kit box



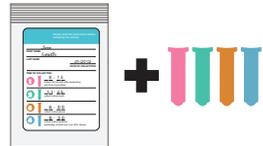
Insulated cooler with lid  
(keep in kit box)



Ice pack  
(place in freezer immediately)



Plastic bag containing:  
1 urine tube and 1 absorbent pad



Plastic bag containing:  
4 color-coded saliva tubes and 4 straws



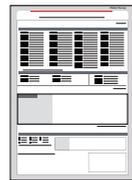
urine collection cup  
(separate from kit contents)



OPTIONAL  
24-hour urine collection container  
(separate from kit contents)



Requisition form



Patient survey



(USA Only)  
FedEx  
Clinical Pak



(USA Only)  
FedEx  
Billable Stamp

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## PREPARATION

The testing for this profile consists of collecting 4 saliva samples for hormone analysis and urine collected as either a 1st morning collection, a 2nd morning collection, or a 24-hour urine collection for neurotransmitter analysis.

**BEFORE YOU START:** Please read all of the instructions carefully. Consult your physician for specific instruction and before stopping any medications. Make sure your physician has selected a test profile on the requisition form. Menstruating women should not collect urine sample during their period.

BEFORE AND DURING COLLECTION	
<b>2 days before and during collection</b>	Avoid avocados, eggplant, tomatoes, bananas, melons, pineapple, grapefruit, plums, fruit juice, nuts, nut butters, wine, cheese, rice, and chocolate
<b>1 day before and during collection</b>	Avoid strenuous exercise, alcohol, coffee, tea, and caffeinated beverages, tobacco or nicotine products
<b>Day of collection</b>	It is recommended to avoid all supplements and medications until after all samples have been collected (including those that regulate allergy, mood, sleep, pain and inflammation). <i>Never discontinue prescription medications without first consulting your physician.</i>
	Do not eat or drink anything 1 hour prior to saliva collection
	Do not brush, floss or have dental work done 30 minutes prior to saliva collection.
	Use of cosmetics, other than "anti-aging" creams, is permitted.

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## RECOMMENDATIONS

WOMEN & MEN ON HORMONES (estrogen, progesterone, testosterone, DHEA)		
<b>Topical Hormones (cream)</b>	Last dose prior to collection should be within a window of <b>12-24 hours before collecting your first sample</b>	Do not apply topical or use sublingual hormones throughout the entire day of saliva collection. This will contaminate your sample and your test results
<b>Sublingual Hormones or Troches (dissolved under tongue)</b>	Last dose prior to collection should be within a window of <b>24-36 hours</b> , followed by two full glasses of water to cleanse the tissues. Then collect your first sample.	
<b>Oral Hormones (pills) and Transdermal Patches</b>	Should be used as prescribed on the day of collection	
<b>Injections, Subcutaneous Pellets and Transdermal Patches</b>	Collect at the halfway point between doses	
CORTISOL/GLUCOCORTICOID SUPPLEMENTATION		

CONSULT WITH YOUR PROVIDER for instruction if you are taking a cortisol supplement for adrenal support (or any other glucocorticoid for medical reasons). Note: certain medications, including hydrocortisone creams and asthma inhalers, contain cortisol. To evaluate your natural cortisol production, it is recommended to stop using cortisol-containing products 5 days prior to sample collection. Consult with your provider prior to stopping cortisol-containing medication(s).

MELATONIN SUPPLEMENTATION	
If testing melatonin, last dose should be at least 36 hours before first saliva sample collection.	
OTHER	DAY TO COLLECT
<b>Women with menstrual cycles</b>	Collect 1 day during days 19-23 of a 28-day cycle, counting the first day of your period as day 1
<b>Post-menopausal women</b>	Collect any day of the month. If you are taking hormones or are on cortisol and/or melatonin supplementation, please read and follow the recommendations listed above
<b>Women who have had a hysterectomy</b>	
<b>Men not on hormones</b>	
<b>Neurotransmitter and adrenal function profiles only (cortisol, slgA, and/or DHEA)</b>	
<b>Women w/ hormonal IUD (and no cycle)</b>	

Call your provider with additional questions. Please do not send any medications with your kit.

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## COLLECTING SALIVA

Collect saliva on a day that is determined by you and your physician, considering the recommendations on page 4.

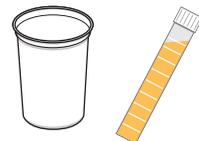
- 1** Collect before breakfast in the **PINK TUBE (AM 30)**  
Collect 30 minutes after awakening (set a timer)
- 2** Collect before lunch in the **GREEN TUBE (NOON)**
- 3** Collect before dinner in the **ORANGE TUBE (EVENING)**
- 4** Collect right before bedtime in the **BLUE TUBE (NIGHT)**

- 1. 10 minutes before each saliva collection, wash hands and rinse mouth with water.**
- 2. The first saliva collection must be 30 minutes after awakening.** Timing is critical.
- 3. Fill all four tubes regardless of how many tests are ordered.**
- 4. Each tube should be 3/4 full.** Bubbles or foam are OK.
- 5. Use of the included straws to funnel saliva into each tube is optional.** Dispose of straws before shipping.
- 6. After each saliva collection:**
  - ✓ Snap saliva tube closed tightly.
  - ✓ Record the date and times of the collection on the bag and on the requisition form.
  - ✓ Place saliva in freezer immediately. When all four tubes have been collected, place all tubes into plastic collection bag with absorbent material and keep in freezer with frozen ice pack until ready to ship.

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## SPOT COLLECTION

Your physician should have provided you with a separate plastic collection cup to be used to collect urine. Any clean container can be used to collect urine.



*If you are collecting a 24-hour urine collection, go immediately to page 7.*

1. When you wake up and get out of bed for the day, you can collect either the First morning or Second morning void of the day.

In the Collection Information Section of the Requisition fill in the waking time and the time that the urine was collected. **Mark the box for collection type: 1st or 2nd morning.**

2. Collect a midstream specimen of urine in the collection cup. DO NOT urinate directly into the tube. The tube contains an acid preservative\* that may irritate the skin.

3. Pour the urine into the specimen vial. Fill the vial to the fill line – do not underfill. Close vial tightly to ensure a good seal. Gently rock the tube back and forth to mix urine with the preservative\*.

4. Complete the requested information on the tube label: name, date of birth, date and time of collection.

5. Place the tube inside the plastic zip-lock bag with the absorbent material and seal.

6. Freeze the urine sample for at least 4-6 hours and keep frozen with the frozen ice pack until ready to ship.

\*Vial contains approximately 60mg of oxalic acid. Do not ingest or inhale. Wipe spills with a wet towel. In case of contact with skin, wash with soap and plenty of water. In case of accidental contact to eye or ingestion, rinse with plenty of water. Seek medical attention if warranted.

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## 24-HOUR COLLECTION (OPTIONAL)

1. When you wake up and get out of bed for the day, urinate into the toilet and flush – do not save this urine. **Begin the 24-hour collection with the second urination and collect all urine up to and including the first morning urination of the following day.**

2. Collect urine in the collection cup. Pour the urine into the large orange 24-hour collection container. Keep the urine cold during the 24-hour period (in a refrigerator or a cooler).

3. After all of the urine has been collected, place the large 24-hour container on a level surface and read the volume from the markings on the container.

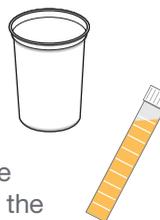
In the Collection Information Section of the Requisition, fill in the date of collection, the waking time, and total 24-hour volume. **Mark the box for 24-hour collection.**

4. Mix the urine by shaking the large container. Pour the urine into the specimen vial. Fill the vial to the fill line – do not underfill. Close vial tightly to ensure a good seal. Gently rock the tube back and forth to mix urine with the preservative\*.

5. Complete the requested information on the tube label: name, date of birth, date and time of collection, and 24-hour volume.

6. Place the tube inside the plastic zip-lock bag with the absorbent material and seal.

7. Freeze the urine sample for at least 4-6 hours and keep frozen with the frozen ice pack until ready to ship.



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## SHIPPING

### PREPARE THE PACKAGE

**1. Ship Monday - Friday only.** You will be charged a pick-up fee if you call for a Saturday pick-up. Weekend or holiday collection: keep the specimen in the freezer until the following business day to ship.

**2. Complete all paperwork, including requisition form and patient survey.** US patients only: fill out the ABN on the back of the requisition form.

**3. Place items into the cardboard kit box in the following order:**

- Insulated cooler
- Plastic bags with frozen specimen tubes, zipped closed
- Frozen ice pack
- Requisition form, patient survey, and payment (if applicable)

**4. Replace the lid of the cooler, and close the cardboard box.** **Place inside the Clinical Pak.** Write your name and address on the Billable Stamp and tear off the Customer Receipt for your records. Place on FedEx Clinical Pak.

### SCHEDULE A PICK-UP (USA ONLY)

**Call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX).** At the greeting, say “Schedule a Pick-up.” When prompted, say “Schedule a Pick-up using a Label or Stamp.” Reply “Yes” when asked if the word “Stamp” is written on the waybill. You will then be asked for your address information. **DO NOT USE A DROP BOX.**

In some cases, Doctor’s Data provides prepaid shipping from certain countries outside the United States. If that policy pertains to this collection kit, then country specific shipping materials (including an Air Waybill and instructions) will be included in the kit contents. If there are not any shipping materials included or you choose to use a different courier or level of service than provided, you must make your own shipping arrangements at your own expense.

neurotransmitter & hormone analysis  
URINE & SALIVA COLLECTION



## INSTRUCTIONS

Read all instructions before collecting specimens.

