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

The testing for this profile consists of collecting six saliva samples for hormone 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. Collect saliva on a day that is determined by you and your provider, considering the recommendations on page 4.

NIGHT BEFORE COLLECTION
Place the YELLOW TUBE next to your bed, so that you can collect saliva immediately upon waking. Have an alarm or timer ready to set.

DAY OF COLLECTION
Do not take any supplements until after you have collected all samples.

The first saliva collection must be collected immediately upon waking, before getting out of bed. You may get out of bed after the first collection, but restrict your activity to light tasks, such as showering or getting dressed.

The timing of the first three saliva collections is crucial. Set a timer if necessary for 30 minutes and 60 minutes after waking.

Do not eat or drink anything one hour prior to saliva collection.

Do not brush, floss, or have dental work done 30 minutes prior to saliva collection.

Do not consume food or drinks that contain caffeine.

If testing melatonin, avoid all nuts, fruits, fruit juice, wine, rice and coffee.

Before each saliva collection, wash hands and rinse mouth with water, but wait 10 minutes to collect your saliva sample (to avoid dilution.)

Use of cosmetics, other than “anti-aging” creams, is permitted.

CALL YOUR PROVIDER with additional questions. Please do not send any medications with your kit.
COLDUXING SALIVA

1. 10 minutes before each saliva collection, wash hands and rinse mouth with water.
2. The timing of the first three saliva collections is critical.
3. Fill all 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.

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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 bag 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.