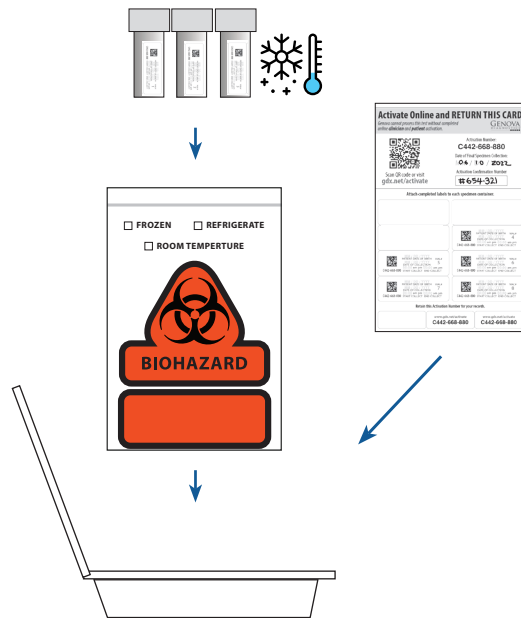


STEP 3

Return Collection Pack

1. Confirm each tube has a **completed label attached** with **date of birth, date of collection, collection start time, and collection stop time**. Place the biohazard bag with **tubes** inside the **collection box**.
2. Retain a copy of the **activation number** for future reference **using one of the three labels provided on the bottom of the activation label card**.
3. Visit **gdx.net/activate** to enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card**. Place the **activation card inside** the box.
4. **Close the collection box** and **place** inside the **FedEx shipping bag**. Follow the shipping instructions provided.



Additional resources are available online.

Visit gdx.net/activate and enter your activation number.

©2022 Genova Diagnostics IS-585,e,pi,b-404-s,0622

Patient Guide



Comprehensive Melatonin
Profile #4108*

*Not Available in New York

Discard the saliva if there is visible blood and collect when there is no bleeding. The tube can be rinsed and reused.

BEFORE YOU BEGIN

Activate This Test

Visit gdx.net/activate and enter the number found on the included activation label card.



STEP 1

Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays.

Prior to Testing

Certain medications may influence results, however there are no known interfering medications. Do not change use of medications unless instructed to do so by your healthcare provider.

If you have difficulty producing enough saliva for the tube, press the tip of your tongue against your teeth. Yawning, imagining sour or flavorful foods, or smelling flavorful foods can also generate saliva.

One Hour Before Testing

One hour prior to collection do not eat, brush or floss teeth, use mouthwash, lip balm, chew gum or use any tobacco products; you may drink **ONLY** water during this time.

STEP 1 (Continued from previous page)

Plan Your Collection

Night of Collection (after Morning and Afternoon Collections)

Before you go to sleep on Collection Day, place your collection tube (with a completed label) at your bedside, along with a glass of water and a low level light. Do not turn on a bright light, it will cause your melatonin level to drop.

STEP 2

Specimen Collection

1. **Review** instructions and test prep information at gdx.net/activate.
2. Write your **date of birth** (DOB), **collection start time**, and the **date of collection** on the labels provided. Attach completed label to the saliva tube.

Collect Saliva

1. When ready to collect the saliva, **rinse your mouth with drinking water**. Spit out the water completely, and **do not cough or clear your throat** into the collection tube.
2. **Fill the collection tube until liquid saliva level reaches the 3-ml mark**. To reduce a foamy saliva collection, tap the tube on a hard surface. Insufficient saliva samples cannot be processed.
3. **Replace the cap** tightly to avoid leakage.
4. **Repeat steps 1-3** for each tube collection, using the labels numbered **2** and **3**.
5. **Place the filled tubes into the biohazard bag and freeze immediately**. Samples must be frozen a minimum of 2 hours prior to shipping. **Keep sample frozen until ready to ship**.



SALIVA COLLECTION SCHEDULE

	COLLECTION WINDOW		LABEL
	Collect your saliva during the specified time frame each day	MORNING	7:00 AM to 9:00 AM
AFTERNOON		3:00 PM to 5:00 PM	2
EARLY NEXT MORNING		2:30 AM to 3:30 AM	3

Before you go to sleep on Collection Day, place your collection tube (with a completed label) at your bedside, along with a glass of water and a low level light. Do not turn on a bright light, it will cause your melatonin level to drop.