

Patient Guide



One Day Hormone Check™

#4106*

Add-on Cortisol Awakening
Response #4309*

*Not Available in New York

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. Please return specimens within 24 hours after collection.

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, chewing gum or any tobacco products; you may drink **ONLY** water during this time.

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STEP 1 (Continued from previous page)

Plan Your Collection

Premenopausal Women

If the goal is to evaluate ovulatory function, collect specimens between days 19 and 25 of the menstrual cycle.

Peri/Menopausal Women and Males

Collect specimens on any day.

Patients on Hormone Therapies

Do not take hormones immediately prior to the morning specimen collection. Wait to take the dose until after the specimen has been collected unless otherwise instructed by your healthcare provider.

As a general guideline, many clinicians opt to test patients approximately 8–12 hours following a dose. There are many variables that affect hormone levels with respect to timing of collection including dosing regimen, formulation pharmacokinetics, route of administration, site of administration, length of regimen, patient metabolic individuality, specimen type, etc.

Synthetic, non-bioidentical hormones are not detected by the assays and testing is not recommended for these patients due to questionable clinical utility.

Night of Collection

Prior to your 2:30AM – 3:30AM collection, 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 **collection stop time** and the **date of collection** on the labels provided. Attach completed label to the saliva tube.



Collect Saliva

1. Refer to the chart at right for when to begin saliva collection. **If collecting** for the **Cortisol Awakening Response add-on testing**, plan to wake at **6:00AM**.
2. 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. **Discard** the saliva **if there is visible blood** and **collect** when there is **no bleeding**. The **tube can be rinsed and reused**.

3. **Use the tubes in order** starting with Tube 1. **Fill the collection tube to the designated level**. To reduce a foamy saliva collection, tap the tube on a hard surface. Insufficient saliva samples cannot be processed.



4. **Replace the cap** tightly to avoid leakage. Record collection start and stop times on the tube label.

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**.















6. **Repeat these steps for each sample** according to the **Specimen Collection Chart**.

Activate this test online at gdx.net/activate and note the name of the test ordered. Pay close attention to the collection times and amount of saliva required. Failure to do so may cause samples to be rejected or alter results.

One Day Hormone Check (OHDC): Use labels 1, 2, 3, 4, and 5 for your collection tubes.

ODHC with Cortisol Awakening Response (CAR): Use labels 1, 2, 3, 4, 5, 6, and 7 for your collection tubes.

SPECIMEN COLLECTION CHART		
SPECIMEN INTERVALS	ODHC	w/ CAR
Collect Immediately upon waking Collect sample within 5 minutes		 1ml
Collect 30 minutes after waking Collect sample within 5 minutes		 1ml
Collect between 7:00AM and 9:00AM	 3ml	 3ml
Collect between 11:00AM and 1:00PM	 3ml	 3ml
Collect between 3:00PM and 5:00PM	 3ml	 3ml
Collect between 10:00pm and 12:00AM	 3ml	 3ml
Collect between 2:30am and 3:30AM	 3ml	 3ml

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 plastic shell** and **place** inside the **FedEx shipping bag**. Follow the shipping instructions provided.

