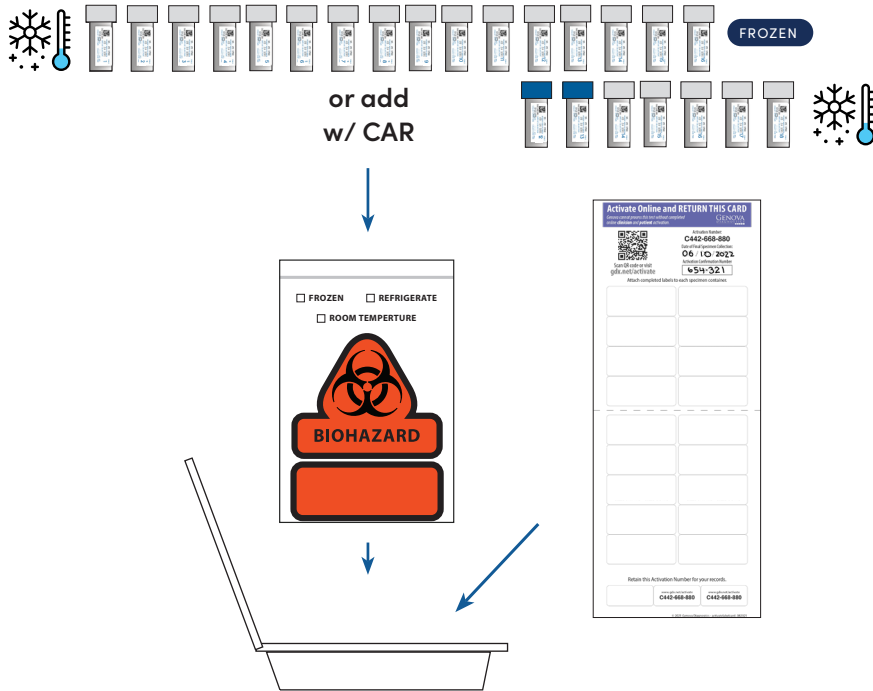


STEP 3

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.

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Patient Guide



Rhythm Plus #4102*

Add-on Cortisol Awakening
Response (CAR) #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.

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.

Continued on next page

STEP 1 (Continued from previous page)

Plan Your Collection

Premenopausal Women

Your collection schedule is based on the first day of your menstrual cycle (the day menstrual blood flow begins). If you are not experiencing periods, you may start on any day. You may find it helpful to use the enclosed collection calendar to remind you of collection dates.

Patients on Hormone Therapies

Do not take hormones immediately prior to the morning specimen collections. 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.

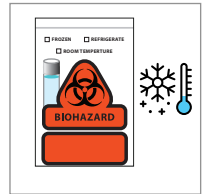


Collect Saliva

PLEASE USE THE 28 DAY COLLECTION CALENDAR FOR TUBES 1-11

1. Refer to the **DAY 29 SPECIMEN COLLECTION CHART** at right for Day 29 saliva collection. **If collecting** for the **Cortisol Awakening Response add-on testing**, plan to wake at **6:00AM on Day 29 of collection**.

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 on Day 1 of collection**. **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. **Collect all samples within 5 minutes**.
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 **28 Day Collection Calendar** and the **DAY 29 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.

Rhythm Plus: Use labels **1-16** for your collection tubes.

Rhythm Plus with Cortisol Awakening Response (CAR):

Use labels **1-18** for your collection tubes.

DAY 29 SPECIMEN COLLECTION CHART		
SPECIMEN INTERVALS	Rhythm+	w/ CAR
Collect Immediate upon waking		1ml
Collect 30 minutes after waking		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