

Step 3:

Returning The Samples To The Laboratory

Samples must be returned to Genova Diagnostics by overnight delivery to arrive next day.

For UK mainland patients only: Genova Diagnostics recommends using the enclosed courier collection service, or alternative e.g.: Royal Mail, Special Delivery. The mailing envelope is not pre-paid.

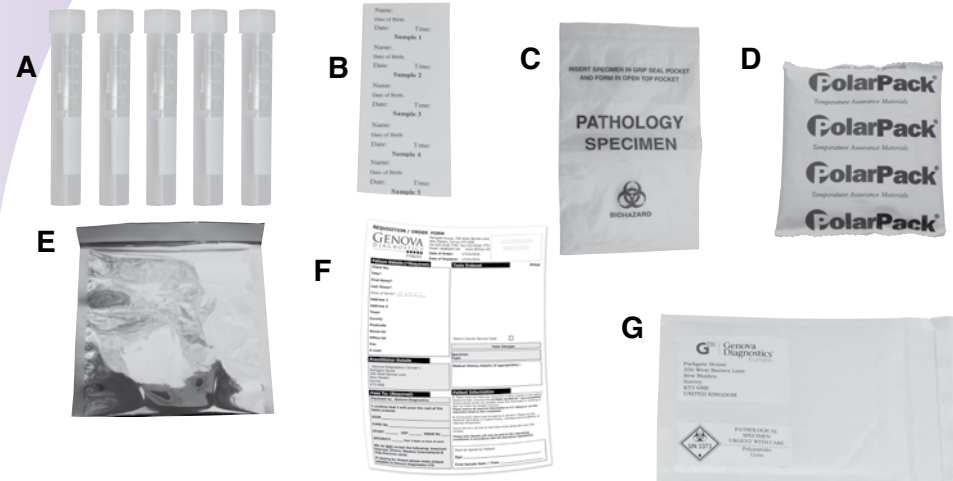
For patients outside of the UK: please arrange an international courier such as FedEx, DHL, UPS.

Please note: the laboratory is closed at weekends. Samples should not be in transit over the weekend; please arrange for the samples to be sent overnight and to arrive no later than Friday.

- Plan to return the samples **Monday – Thursday by overnight delivery only.**
- If samples are completed on a Friday - Sunday, please keep them frozen until Monday and return them on Monday for Tuesday.
- Make sure the collection tubes are tightly closed and identified with completed labels. Failure to complete the labels correctly will result in the samples being rejected.
- Put the tubes in the biohazard bag with absorbent paper and seal it securely.
- Place the biohazard bag in the silver pouch with the frozen freezer brick.
- Place the sealed silver pouch inside the mailing envelope with your completed and signed requisition form.
- Seal the envelope.
- Once posting/couriering of samples has been arranged, keep any tracking numbers issued by the courier / Royal Mail for future reference.

Adrenal Stress Profile & Melatonin

Patient Instructions for Saliva Collection



Check Your Kit

- A - 5 Saliva collection tubes
- B - 5 Labels, numbered 1-5
- C - 1 Biohazard bag with absorbent paper
- D - 1 Gel freezer brick
- E - 1 Silver pouch
- F - 1 Requisition (to be completed and signed)
- G - 1 Mailing envelope

- If any of the items are missing or expired, call the laboratory on 020 8336 7750.
- The appearance of the above kit components are for illustration use only and actual contents may vary slightly from that shown.

Step 1:

Important things to know and consider

- The following **drugs and herbs may influence levels of hormones** reported in this test: ketoconazole, clomiphene, phenytoin, oral steroids (e.g. Prednisone), cortisone cream or patches, and any steroid-based nasal sprays, inhalers, or eye drops; melatonin (at doses greater than 5mg), DHEA sublingual pellets or drops. *Let your practitioner know about these and any other medications, herbs, and supplements that you have used in the past 3 months. Do not change use of supplements or medications unless instructed to do so by your healthcare provider.*
- Avoid alcohol for 12 hours prior to starting the test, and for the duration of the collection period.

Schedule and prepare for your saliva collection

- It is important that you **collect saliva during the specified time frame.**
- **Before starting the test:** Place the gel freezer brick in the freezer. It must be frozen for a minimum of 4 hours before returning the samples.
- **One hour prior to collection** do not eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco products. *You may drink ONLY water during this time.*
- Samples must be frozen for at least 2 hours prior to returning. Please note: samples completed on Friday - Sunday should be stored frozen until Monday for returning to the laboratory by overnight delivery.
- **Complete the requisition form** with all patient and payment information. Be sure it is signed by the patient/ responsible party in the box labelled "Final Sample Date / Time."
- If you make a mistake or need to restart collecting the samples, please rinse the tube(s) with water only, and allow them to dry naturally.

Saliva Collection Schedule: Keep this nearby for the day!

On the day you collect specimens, wake up between 6:00 AM and 8:00 AM and collect four saliva samples according to the following schedule:

Collect your saliva during the specified time frame:

MORNING:	1 hour after rising for the day	(Use label #1)
MIDDAY:	11:00 AM to 1:00 PM	(Use label #2)
AFTERNOON:	3:00 PM to 5:00 PM	(Use label #3)
LATE NIGHT:	10:00 PM to 12:00 AM	(Use label #4)
EARLY NEXT MORNING:	2:30 AM to 3:30 AM	(Use label #5)

- **Tip:** 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:

Collecting your saliva specimens

Not following these instructions may affect your test results.



- 1 Write your full name (first and last), date of birth, time and date of collection** on label #1 using a ballpoint pen or pencil only. Attach the label to a collection tube.



- 2 When ready to collect the saliva, rinse your mouth with drinking water.** Spit out and discard the water completely, and do not cough or clear your throat into the collection tube.



- 3 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.



- 4 Replace the cap tightly to avoid leakage. Place the filled tube into the biohazard bag and freeze immediately.** Samples must be frozen for a minimum of 2 hours prior to returning. Keep samples frozen until ready to return them to the laboratory.



- Repeat steps 1-4 for each collection, using the labels numbered 2 and 3, etc., in order.

Consult your healthcare provider if you have any questions at any time during this test.