

SALIVA-28 Day Cycle Collection Instructions

8. After completion of the 28 day cycle collection, check that all 11 tubes are labelled with patient first name and surname, time of collection and day of collection (e.g. **Day 3** - dd/mm/yyyy -6:00am).
9. Ensure that the NutriPATH request form is completely filled out ensuring that the correct details have been provided on the request form including full patient name, date of birth, residential address, contact number and credit card details.
10. Place the completed NutriPATH request form in the non-sealable section of the specimen bag.
11. Complete the 'NutriPATH Patient Checklist Form' prior to sending samples for testing to ensure no delays in test results.
12. Place the specimen transport bag which contains the 11 saliva tubes and your NutriPATH request form into the express post envelope and post back to NutriPATH.

"Thank you for your request, results will be finalised within 7 business days"

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

Before proceeding, please check through the following guidelines. Without taking these precautions your results may be inaccurate.

IMPORTANT NOTES

'HORMONE USERS GUIDE'

Continue to use your hormones as prescribed. You do NOT need to stop current hormone medication prior to collection unless otherwise advised by your healthcare practitioner.

Please follow the chart below for optimal timing of collection.

| Hormone type: | Collect Sample |
|----------------------|----------------------------------|
| Creams/gels/capsules | 12-24 hours after last dose |
| Troche/sublingual | 36 hours after last dose |
| Patches | 24-48 hours after applying patch |
| Injection/ Pellets | Midpoint between treatment |

- **On the day of collection; STRICTLY AVOID** caffeine, alcohol and nicotine (smoking) unless you are told otherwise by your healthcare provider.
- **During the 2 hours prior to collection; DO NOT** eat, brush or floss your teeth or use mouthwash. You may drink a little water during this time.
- **You should fast for at least 8 hours prior to collecting each sample from the night before.**
- **Before collection; wash hands thoroughly with soap and water.**

SALIVA

If you are under the care of a healthcare practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.

KIT CONTENTS

Check contents of kit. If items are missing or you have any questions regarding this kit, please contact Customer Service on 1300 688 522.

- 11 x Saliva 5ml saliva tubes
- 1 x Specimen transport bag
- 1 x Request form
- 1 x Padded post envelope

FEMALE 28 DAY CYCLE PROFILE INSTRUCTIONS

- To begin the collection process identify the first day of your menstrual cycle. Count from the first day of your menstrual cycle (Day 1). **DO NOT** collect on this day.
- On the morning of each sample collection and during the 2 hours prior to collection; **DO NOT** eat, brush or floss your teeth or use mouthwash.
- Collect each tube provided within 30-60 minutes of rising preferably between **6-8am and fasting 8 hours from the night before.**
Collect a saliva sample: on Day 3, Day 5, Day 8, Day 11, Day 12, Day 14, Day 16, Day 18, Day 20, Day 23, and Day 28 of your menstrual cycle. Use the table below to keep track of sample collection days.

(Days marked in **RED** are days you need to collect saliva)

| | | | | | | |
|-------------------------------------|---------------|--------------|---------------|---------------|---------------|---------------|
| Day 1 (First day menstrual flow) | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
| Day 15 | Day 16 | Day 17 | Day 18 | Day 19 | Day 20 | Day 21 |
| Day 22 | Day 23 | Day 24 | Day 25 | Day 26 | Day 27 | Day 28 |

COLLECTION KIT

SAMPLE COLLECTION:

4. When ready to collect the saliva sample, rinse your mouth with drinking water. Spit out the water completely and wait **10 minutes**. Do not cough or clear your throat with mucous into the collection tube.



5. After **10 minutes** commence filling the saliva collection tube with liquid saliva. Allow saliva to accumulate in your mouth and then transfer the saliva into the collection tube. Avoid foamy saliva or 'bubbles'. Tap the tube with the fingernail or tap on a hard surface to reduce bubbles. Collect at least 3-5ml of saliva for each 5ml saliva collection tube. Insufficient saliva samples **cannot** be processed.



6. Ensure that the following details are printed on each saliva collection tube after sample collection: Patient first name/surname, time of collection and day/date of collection (e.g. **Day 3** - dd/mm/yyyy 6:00am) are written on the tube in the specified areas. Replace the cap securely to avoid leakage. Place the completed filled tube into the **FREEZER** until shipping to the lab.



7. Repeat steps 2 – 6 for each sample collection tube on the days mentioned in the table. Ensure all lids are screwed on tightly prior to placing the sample into the specimen bag. **Store samples in the FREEZER until shipment to the laboratory.**