

Saliva Testing

Please read all instructions prior to collection

**TAKING
HORMONES?**
See back panel

To ensure the accuracy of your test results, first review the collection chart (right) to determine when you collect your sample. Then follow the easy steps illustrated inside.

Large print instructions available at zrtlab.com.

WOMEN	COLLECT
Regular Periods	Day 19, 20, or 21 of cycle (first day of bleeding = day 1)
Irregular Periods	Collect when not bleeding (closest to days 19, 20, or 21 - call lab for help)
No Periods	Any day of the month
MEN	COLLECT
	Any day of the month

NOTE: If testing only Cortisol and/or DHEAS, collection can take place any day.

Before Each Collection

- ▶ Wash hands, use clean towel, do not apply any lip products.
- ▶ No food or drink (except water) for at least two hours prior.
- ▶ Rinse mouth with water 5 minutes prior to collection.
- ▶ Allow extra time to collect - it can take 15 to 30 minutes to fill the tube half full depending on saliva flow.
- ▶ Allow saliva to flow into the tube: avoid phlegm.

Collection Time (Note: Not all tests require multiple tubes)

- ▶ Just use the **1 large tube** to collect saliva before breakfast (within 30 minutes after waking), unless testing for the following:
- ▶ **Morning-Night Cortisol (x2):** Collect saliva in the large tube before breakfast (approximately 30 minutes after waking), and in one small tube before going to bed
- ▶ **Diurnal Cortisol (x4):** Collect saliva in the large tube before breakfast (approximately 30 minutes after waking); and collect in the small tubes before lunch, before dinner, and before going to bed.

LABORATORY TESTING MADE SIMPLE
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ZRT Laboratory

1 PREPARE CONTENTS



1. Wash hands with soap and warm water.
2. Dry hands with a CLEAN towel.
3. Lay out the kit contents.
4. Print on the tube with an ink pen, your name, date, and time of collection (a.m./p.m.)

NOTE: Not all tests require the use of four tubes. Unused tube(s) can be recycled.

If you have not had anything to eat or drink other than water, you are ready to collect your saliva.

2 COLLECT SAMPLE



1. Wash and dry hands again (use CLEAN towel) and rinse mouth with cool water 5 minutes prior to collection.
2. Let saliva flow into the tube. Fill tube(s) at least 1/2 full (not including bubbles).

TIPS: Dry mouth? Try pressing tip of tongue against teeth. Smelling (not eating) a lemon or

other food can start saliva flow. Yawning can help saliva pool in mouth.

NOTE: If you cannot get enough saliva, cap and freeze the tube with amount already collected; resume filling at the same time the next morning (up to 5 days maximum) until tube is at least 1/2 full.

3 CAP THE TUBE



1. Cap the tube(s) tightly and place in the zip-lock bag.
2. Seal the zip-lock bag.

TIP: Mistake collecting? Just rinse out the entire tube with hot water (no soap) and allow to air dry. Start over using the same tube.

NOTE: Freezing your sample prior to mailing is recommended but not required. Saliva samples are stable for up to 30 days at normal room temperature.

4 COMPLETE PAPERWORK



1. Complete ALL sections on the Test Requisition.

- Collection time
- Collection date
- Hormone usage
- Hormones to be tested (unless pre-marked on paperwork)
- Symptoms
- Payment information

2. Place sample tube(s), test requisition and any other paperwork
INSIDE the test kit box, snap test kit lid shut.

3. Place entire test kit box inside the return packaging.
4. Affix the prepaid label or postage if required.
5. Return using the appropriate carrier.

Hormone Users Special Instructions

You do NOT need to stop current hormone therapy before testing

Night Before Collection

- ▶ To avoid contaminating sample* use clean pillowcases, towels, etc.
- ▶ Topical hormones users - rub in without using fingers (e.g. wrist to wrist as shown) for at least two days prior to collection.
- ▶ Skip use of anti-aging creams that may contain hormone traces.



*Contamination of sample occurs when topical hormones enter saliva or tube during collection. This can happen when hormone traces present on skin or surfaces (e.g. linens, towels, doorknobs) touch lips, face, or tube during collection.

Hormone Users Collection Chart

Testing is recommended to monitor hormone levels with supplementation.
(You need to be on hormone therapy at least two weeks prior to collection.)

HORMONE TYPE	WHEN TO COLLECT SAMPLE
Pills, Gels, Creams, Sprays (Oral, Topical, Vaginal)	12-24 hours AFTER last dose (FOR TOPICAL: last application should not be applied to face or neck)
Sublinguals and Troches (Dissolve under tongue)	36 hours AFTER last dose
Patches	Weekly/Bi-weekly: At midpoint between applying patches Daily: 12-24 hours AFTER applying patch
Injections	At midpoint between injections
7-Keto DHEA (not standard DHEA)	3-5 days after last dose
THE FOLLOWING ALSO QUALIFY AS HORMONES (not limited to): Contraceptives, melatonin, cortisol, hydrocortisone, creams containing pregnenolone and/or placental derivatives. Collect as above.	

Test Results

Completion of hormone test results typically takes 5-7 days from the date our lab receives your sample. Test results are returned to the Health Care Provider who ordered the test; you may obtain copies there. Results are individually reviewed and contain descriptive comments added by licensed clinicians on staff. ZRT Laboratory recommends that you discuss test results with your Health Care Provider.

DISCLAIMER: ZRT Laboratory is a testing facility only, and does not diagnose, treat, or recommend treatment for medical conditions.