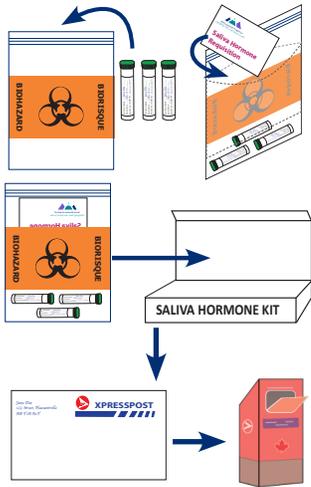


Sending Your Sample



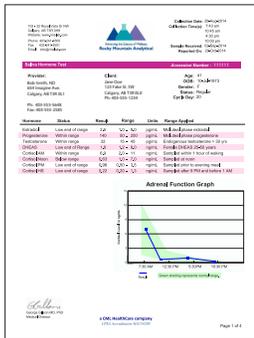
Seal the saliva samples in the resealable biohazard bag, and put the requisition in the pouch at the back of the bag.

Place the packaged saliva sample back into the kit box, close the box and put it into the prepaid return mailer.

Seal the flap of the prepaid return mailer and write your return address (including postal code) in the top left hand corner.

Drop the addressed prepaid return mailer into any Canada Post mailbox.

Getting Results - Sample report as shown



Results will be sent to your healthcare professional approximately seven (7) to ten (10) days after your sample has been received by Rocky Mountain Analytical. Note that the sample may take several days to arrive at the lab.

Please contact your healthcare professional if you have questions regarding your results.

Note: Rocky Mountain Analytical staff do not discuss test results with patients.

Patient Privacy

Privacy Statement: Your healthcare professional's stamp or signature on the requisition is our legal authority for analyzing your saliva sample. The personal information you provide is necessary for us to provide a thorough analysis. This information will be stored confidentially and used only for the purpose of analyzing your specimen. Some aggregate data may be used for research purposes. If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical. info@rmlab.com | P: 403-241-4500 | F: 403-241-4501



Saliva Hormone Collection Instructions

Important: Read all instructions prior to collecting saliva

Before You Begin

- Make sure you know how many sample tubes you need to fill. If you are not sure, please confirm with your healthcare professional.
- Check contents of the kit. If anything is missing, please contact your healthcare professional.



Kit Contents

- Requisition form
- Collection instructions
- Green-top collection tube(s) in resealable biohazard bag containing absorbent material**
- Prepaid return mailer

****Important** Absorbent material must remain in the resealable biohazard bag. Do not put absorbent material in mouth or collection tube. Collection tube is for saliva only.

How to Prepare

Do not eat, brush or floss your teeth or drink anything other than water before collecting saliva sample. Do not drink or sip water during collection.

Avoid vigorous exercise the day of collection for multiple tube sample collections.

Women: Do not collect during menstrual period; 7-9 days before the start of your period is best. If periods are irregular, collect one week before period is expected or when you are not bleeding. You can collect an adrenal panel at any time of the month.

Men and post menopausal women may collect any time of the month.

Collect morning saliva sample during the first hour after waking. If you have a four (4) tube kit, collect samples at specified times throughout the day (e.g. first morning (#1 am), before lunch (#2 am), before supper (#3 pm), bedtime (#4 pm)).

If you are taking/using hormones:

- To avoid falsely high cortisol levels stop using hydrocortisone cream for at least five (5) days before and during collection. Check with your healthcare professional before discontinuing any medications
- If you have recently started hormone therapy, you should be on hormones for at least three (3) weeks before collection
- If you are using topical hormones (creams, gels), apply them the night before your saliva collection
- Synthetic hormones may affect progesterone, testosterone and/or estrogen levels. Women taking birth control pills or other synthetic hormones like MPA (medroxyprogesterone acetate) should discuss with a healthcare professional prior to testing
- If you use sublingual hormones (under the tongue) there is a possibility that the results will be abnormally high and may affect the interpretation of results
- If your healthcare professional wants a baseline hormone level you will have to be off oral/patch supplements for two (2) weeks prior to testing and off cream supplements for twelve (12) weeks prior to testing.

If you have questions about when to test because you are on hormone therapy, please contact your healthcare professional.

Sample Labeling

Use permanent ink ball point pens as other inks are water soluble (e.g. roller ball ink) and may wash off containers or smear.

Complete sample label with the following:

- Legal name (first and last) **Important: The name on your sample(s) and your requisition MUST match exactly**
- Date of birth (yyyy-mm-dd)
- Date and time of collection (yyyy-mm-dd)

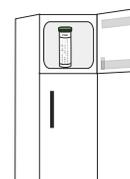
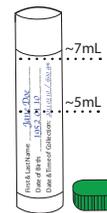
Lab Requisition

Check your requisition to ensure it includes your healthcare professional's signature and bar code label. If either are missing please contact your healthcare professional before sending us your sample.

Complete your requisition with the following:

- Legal name (first and last), address, telephone number(s) **Important: The name on your sample(s) and your requisition MUST match exactly**
- Date of Birth
- Gender, height, weight, hip and waist measurements
- Cycle information
- Date and time of collection
- All medication and supplements you are using as they may affect test results. *Hormone creams used by spouse or partner are important to note.*

Sample Collection



1. Wash your hands thoroughly before beginning your collection.
2. Begin collecting saliva in collection tube(s). If you have difficulty collecting saliva, gently press the tip of your tongue against your teeth or suck on a button. Do not eat, chew gum or sip water while collecting.
3. ONE TUBE Sample: (first morning - #1 am) Label the green-top tube #1 and other information (see Sample Labelling). Spit into the morning tube until at least 3/4 full (excluding bubbles) or 5-7 mL of saliva has been collected.

MULTIPLE TUBE Samples: first morning (#1 am), before lunch (#2 am), before supper (#3 pm), bedtime (#4 pm). Collect the first tube as indicated above. Label the remaining tubes with #2, #3 and #4 and other information (see Sample Labelling). Spit into each of the remaining tubes at the indicated time until it is at least 1/2 full (excluding bubbles) or 5 mL of saliva has been collected.

4. Firmly screw the lids on each tube as it is collected and place upright in the the freezer immediately after filling until ready to mail. If sample is being shipped same day as collection there is no need to freeze sample.