



SALIVA COLLECTION INSTRUCTIONS

COLLECT ALL 4 SAMPLES ON SAME DAY

Sample 1	Upon awakening (within the first 30 minutes)
Sample 2	At Noon (Mid-Day)
Sample 3	Afternoon (4 pm)
Sample 4	At bedtime (right before getting into bed; around 9 pm)

DO'S

- Keep collection supplies by your bedside (ziplock bag with tubes, these instructions, and requisition form).
- Only open the bag when you are ready to collect a sample.
- Only withdraw one tube you are about to collect saliva into. After taking out a collection tube immediately close the bag.
- After collecting the sample, immediately fill the information in the label on the collection tube and store the sample in the freezer.

DON'T'S

- Do NOT drink alcoholic beverages on the day you collect your samples.
- Do NOT smoke or use tobacco, drink anything, or brush your teeth 30 minutes before you collect a sample.
- Do NOT consume dairy products, acidic or sugary foods within 30 minutes before you collect a sample.
- Do NOT eat a meal within 60 minutes before collecting #3 and #4 sample.

HOW TO COLLECT A SAMPLE

1. Upon awakening, open the kit and retrieve ONLY one collection tube.
2. Unscrew the cap on the collection tube.
3. Close your mouth and imagine eating your favorite food. Tilt your head forward and with your tongue, push the saliva down into the collection tube. Continue until the tube is filled at least three fourth with saliva (bubbles are fine).
4. After providing this sample, replace the cap on the collection tube. Make sure the cap is screwed on completely. Mark your name, the sample collection date and time on the space provided on the sample collection tube.
5. Immediately after collecting your sample, fill in the required information in the test requisition form. Be sure to write the exact time and date of collection. Store the collected sample in the freezer.
6. Follow these procedures above with the #2, #3 and #4 samples. After placing all 4 saliva samples into the ziplock bag, close the bag tightly and store in the freezer until mailed.

HOW TO PACKAGE AND MAIL YOUR SAMPLES

The day after you collect the 4 samples, place the following into the pre-addressed mailer:

1. Tightly close ziplock bag containing #1, #2, #3 and #4 saliva samples.
2. The completed requisition form.
3. Close the mailer, place the shipping label and mail the package to AYUMETRIX.

GUIDELINES FOR WOMEN (NOT ON HORMONES)

Women with Regular Menstrual Cycles	Collect saliva during one day between 19-21 day cycle Counting the first day of your period as day 1
Women with Irregular Menstrual Cycles	Collect saliva when not bleeding (Or 5 days before expected bleeding)
Post-Menopausal Women OR Women Who Have Had Hysterectomy	Collect saliva any day of the month

GUIDELINES FOR MEN (NOT ON HORMONES)

Men Not on Hormones	Collect saliva any day of the month
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GUIDELINES FOR MEN AND WOMEN USING HORMONES

Topical Hormones (Cream or Gel)	DO NOT APPLY ANY TOPICAL HORMONES THROUGHOUT THE DAY OF SALIVA COLLECTION. Collect saliva 12-24 hours AFTER the last dose.
Sublingual Hormones or Troches (Dissolved under Tongue)	DO NOT USE ANY SUBLINGUAL HORMONES THROUGHOUT THE DAY OF SALIVA COLLECTION. Collect saliva 12-24 hours AFTER the last dose.
Oral Hormones (Pills)	If taking Progesterone: Collect saliva 6-10 hours AFTER the last dose. For all other hormones: Collect saliva 12-24 hours AFTER the last dose.
Injections and Pellets	The recommended dosage interval is mid regimen.
Transdermal Patches	Collect saliva 1 -2 days AFTER applying the patch.
Cortisol Supplementation	CONSULT WITH YOUR PROVIDER for instructions if you are taking cortisol supplementation for adrenal support. When testing cortisol (for baseline adrenal function), STOP USING CORTISOL CONTAINING PRODUCTS 5 DAYS PRIOR TO SALIVA COLLECTION.

For additional questions

Please refer to FAQ's at www.ayumetrix.com

OR

Call us at 1-800-215-8898

OR

Contact us at info@ayumetrix.com