

Salivary Testing

Female: Specimen Collection Date

Regular Periods:	Collect day 19th, 20th, or 21st of cycle (first day of bleeding is day 1)
Irregular Periods:	Collect Specimen when not bleeding; Collect closest days to the 19th, 20th, or 21st
No Periods:	Collect any day of the month

Male: Specimen Collection Date

Can be collected any day of the month

Note: No caffeinated or alcoholic beverages during collection.

Supplemental Hormonal Reference Chart

Supplemental Hormone Type	Sample Collection Date
Patches	12-24 hours after applying patch if applied daily. If applied weekly or bi-weekly collect at midpoint of applying patches
Gels (Topical), Sprays (Topical, Oral, Vaginal), Pills (Oral) Creams (Topical, Vaginal)	12-24 hours after last dosage
Injections	Mid point between injections
Sublinguals and Troches	36 hours after last dosage

Other Supplements such as Melatonin, Hydrocortisone, Cortisol, and creams containing placental derivatives are considered Hormonal supplements and should not be used during collection; please refer to chart above.

Test Results

Hormone tests results will be completed in typically 1-2 business days from the date our laboratory receives your sample.

Test results are returned to you and/or the physician who ordered the test; you may request copies from your physician.

Access medical laboratory recommends that you discuss test results with your physician.



QUALITY ASSURANCE

Access Medical Laboratory is CLIA Certified and Accredited by COLA with a seal of Quality Excellence.

5151 Corporate Way | Jupiter, FL 33458

Phone: 866-720-8386 Fax: 866-309-2890

accessmedlab.com

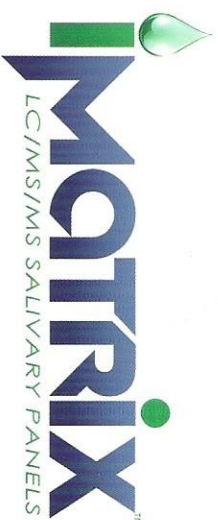
PRIVACY:

Access Medical Laboratory abides by the Health Insurance Portability and Accountability Act (HIPPA)

For a copy of our Notice of Privacy please contact Access Medical Laboratory at 866-720-8386 or visit us online at www.accessmedlab.com

DISCLAIMER:

Access Medical Laboratory is a testing facility only, and does not diagnose, treat, or recommend treatment for medical conditions.



CONTENTS OF KIT

- TUBES
- INSTRUCTION PAMPHLET
- REQUISITION FORM
- INFORMATIONAL CARD
- UPS BAG
- SHIPPING LABEL



Access
MEDICAL LABS

866.720.8386

sales@accessmedlab.com | accessmedlab.com

Before Collecting Saliva

- Wash hands, and dry with a clean towel.
- Rinse your mouth with water 15 minutes prior to collection.
- Have no food or drinks for at least two hours before collection.

Tips On Collection

- Avoid phlegm entering the tube.
 - Wash and dry hands prior to collection.
 - Do not force saliva, let flow into tube.
 - If you cannot produce saliva, smell a lemon or any kind of food to produce saliva flow.
 - Mistake collecting? Rinse the entire tube with warm water only, let air dry, and begin collecting again.
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- You will use 2 tubes during your collection.**
- **GREEN TUBE:** Should be collected as soon as you awaken, before breakfast and brushing teeth.
 - **RED TUBE:** Should be collected before bedtime, preferably at least one hour after dinner.

Collection Time

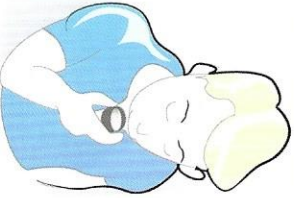
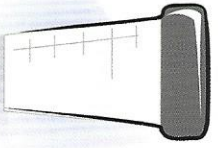

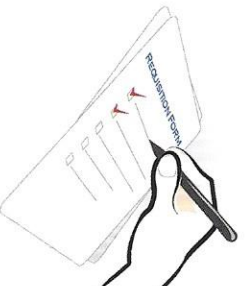

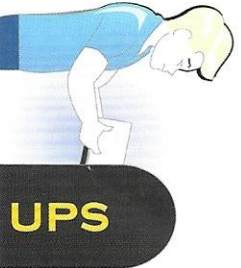
CORTISOL X4 COLLECTION INSTRUCTIONS

4 tubes will only be used and supplied if the Adrenal Panel or Cortisol X4 tests were ordered.

- Tube 1: Green Tube - Collection 1 - 7-8AM
 - Tube 2: Blue Tube - Collection 2 - 11-NOON
 - Tube 3: Yellow Tube - Collection 3 - 4-5PM
 - Tube 4: Red Tube - Collection 4 - 10PM - Midnight (Before Bed)
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- * If you received a 5th, White Tube - Collection 5 - Should be at 3AM

ACCESS SALIVA TESTING FACTS

- The Gold Standard LC/MS/MS testing method is used to provide superior accuracy and sensitivity.

<p>Step 1:</p> <ul style="list-style-type: none"> • Make sure your hands are clean, cool and dry before collecting. • Place labels on tubes provided. • Begin collecting saliva into tube. • If your mouth feels dry, smell a lemon or any food to stimulate saliva flow. 	<p>Collect</p> 	<p>Step 2:</p> <ul style="list-style-type: none"> • Fill tube until you have reached the maximum line. • There is no problem if you have passed this line. • Tightly fasten cap back onto tube. 	<p>Fill</p> 	<p>Step 3:</p> <ul style="list-style-type: none"> • On the label provided, write your name, date of birth, and collection date & time. • Repeat steps 1-3 for the remaining amount of tubes throughout your collection. <p>Storage Note: Place all filled tubes into refrigerator until ready to ship. DO NOT FREEZE TUBES.</p>	<p>Label</p> 	<p>Step 4:</p> <ul style="list-style-type: none"> • Fill out requisition form with your personal information. • Include name and contact information 	<p>Fill Out</p> 	<p>Step 5:</p> <ul style="list-style-type: none"> • Gather tubes and place them into original bag. • Place the bag with the tubes and the requisition form into the Access Medical Laboratory box. • Close the box completely. 	<p>Gather</p> 	<p>Step 6:</p> <ul style="list-style-type: none"> • Place the box into the UPS bag and seal. • TO SHIP: drop off at any UPS location. Call 1-800-742-5877 or log onto www.UPS.com for your nearest drop off location. <p>Kits must be shipped Monday - Friday only!</p>	<p>Ship</p> 
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