

### 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.

### Collection Time

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.

#### CORTISOL X4 COLLECTION INSTRUCTIONS


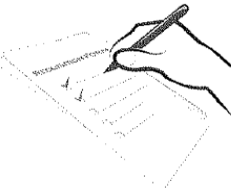


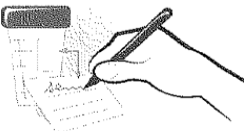
4 tubes will only be used and supplied if the Adrenal Panel or Cortisol X4 tests were ordered.

- 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)

\* If you received a 5th: White Tube - Collection 5 - Should be at 5AM

#### ACCESS SALIVA TESTING FACTS

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

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