

SPECIALTY PHARMACY

Phone: 256-734-3146

SALIVA TESTING PROCEDURE

Here is your saliva test and this is what you need to do:

1. If you have regular periods, collect saliva on days 19-21, with day 1 being the first day of your period. If your periods are irregular, collect on any day you are not bleeding. If you do not have periods, any day is fine.
2. Collect your saliva first thing in the morning before you eat or drink within 30 minutes of waking up. It will take a little while as you need to fill the tube at least ½ full and bubbles do not count. If your mouth gets dry, you can drink a little water and wait 5 – 10 minutes before collecting any more. You can also freeze your sample until the next morning and then finish collecting it then. Try to do both collections about the same time each day.
4. Fill in the enclosed form on the front and back.

5. **IT IS EASY TO CONTAMINATE YOUR SAMPLE. TO PREVENT THIS:**

If you are currently on hormones in a troche form, you must stop your troche for one night, so there will be at least 36 hours from your last troche to the morning you collect your saliva. Also, after taking last troche, drink 2 glasses of water.

If you are currently on topical hormones, collecting your saliva must be done 12 – 24 hours after your last application.

For either type, make sure your hands are washed thoroughly with soap and water, using a clean towel to turn off the faucet. Hormones can remain on towels, sheets, pillowcases or clothing so after washing hands, be sure not to touch anything that has been in contact with your hormones. Immediately after obtaining sample put the tube back into the small plastic bag and put them back into the large plastic container, along with the form you filled out.

6. Put the plastic container into the UPS envelope and attach the prepaid label, keeping the bottom half for your records. You can send it through any UPS dealer.

It will take about 3 weeks to get the results back and we will be in touch when that happens. If you have any questions, feel free to give us a call.

FOR MORE INFORMATION, GO TO www.zrtlab.com AND CLICK ON *CONSUMERS*, THEN GO DOWN TO *COLLECTION INSTRUCTIONS* AND CLICK ON EITHER *BLOOD SPOT* OR *SALIVA* FOR A GREAT VIDEO OR CALL CUSTOMER SERVICE AT 866/600-1636.