

## SHIPPING INSTRUCTIONS

1. Ensure all 4 tubes are labelled correctly, as shown in Step 6.
2. Place the labelled samples **into the White Padded bag then** into the sealed section of the specimen transport bag. **Samples should remain in the freezer until ready to send to the laboratory.**



3. Ensure that your test request form has been correctly filled out and all patient information is correctly stated. This includes full patient name, date of birth, residential address and telephone number. Once completed, place into the unsealed section of the specimen transport bag.
4. When your sample is ready to be transported, please ring the courier number provided on the pre-paid return bag.  
**Please advise this is a medical specimen.**  
Alternatively, you can drop the package to your **nearest agent**.  
(Record the "customer" number on the front right of the track pack.  
This is your record to track delivery)

### GENERAL DISCLAIMER

We recommend that you always seek the advice of a qualified health care practitioner regarding any medical or health related diagnosis or treatment before acting on this test information. Nutrisearch does not provide clinical advice on test selection or interpretation of testing for wellness testing to patients, nor does it provide diagnosis, treatment or medical advice. Nutrisearch is not liable to you or anyone else for any loss or negative consequence caused in whole or in part by interpreting, delivering or reporting information through the utilizing of laboratory testing services. In no event shall we be liable to you or any other party for any decisions made or action taken or not taken by you in reliance on such information.

*Thank you for your request. Results will be forwarded to your referring practitioner upon completion. All testing is performed by NutriPATH Pathology.*



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# Saliva Collection Instructions

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## COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 0800 88 44 33 who will clearly explain the procedure.

**Before proceeding, please read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.**

## IMPORTANT PRE-COLLECTION INFORMATION

### "HORMONE USERS GUIDE"

Continue to use your hormones as prescribed. You do NOT need to stop current hormone medication prior to collection **unless advised by your healthcare practitioner.**

Please follow the chart below for optimal timing of collection.

Hormone Type	Collect Sample
Creams/gels/capsules	12-24 hours after last dose
Troche/sublingual	36 hours after last dose
Patches	24-48 hours after applying patch
Injection/ Pellets	Midpoint between treatment

- Collect this sample on a **Sunday or Monday ONLY.**
- If you are taking any hormone medications, please indicate this information on the test request form as well as indicating the hormone type. ie. Progesterone Cream, troche.
- On the day of collection: **STRICTLY AVOID** caffeine, alcohol and nicotine (smoking) unless you are told otherwise by your healthcare provider.
- During the 2 hours prior to collection; **DO NOT** eat, brush or floss your teeth or use mouthwash. You may drink a little water during this time.
- Before collection: wash hands thoroughly with soap and water to avoid contamination.

# Saliva Collection Kit

## SAMPLE COLLECTION STEPS:

1. Commence the saliva collection process by washing your hands thoroughly.
2. Prior to sample collection, rinse out your mouth thoroughly with water and wait a minimum of 15 minutes before commencing the sample collection. To ensure an accurate collection, strictly avoid eating, brushing, flossing or the use of mouthwash on the morning of collection or within 2 hours of sample collection throughout the day (if multiple tubes are provided).
3. Unscrew the lid of the collection vial and hold it to your lips.
4. Tilt your head forward and allow the saliva to naturally pool inside your mouth.
5. Allow saliva to passively collect into the vial until you reach the top with liquid saliva.
6. **FILL THE COLLECTION TUBE** as best as possible to the top with liquid saliva. Avoid foamy saliva or 'bubbles'. Tap the tube with the fingernail or tap on a hard surface to reduce bubbles. Insufficient saliva samples **cannot** be processed.
7. During the collection, do not cough, clear your throat or collect mucous from the back of your throat into the collection tube.
8. Once you have collected the sample, ensure that you screw the saliva cap on tightly to **AVOID LEAKAGE IN TRANSIT**.
9. Immediately after sample collection, complete the tube information by ensuring the following details are noted clearly on the saliva tube where information is requested:

The following information must be provided. Please use the checklist below:

- Patient first name/surname
  - Date of birth
  - Collection time (including am or pm)
  - Date of collection
10. Place the completed collected vial into the specimen transport bag and keep frozen until you are ready to send the samples back to Nutrisearch. If you have been provided with multiple saliva tubes, repeat the above collection steps 1-9 following the time schedule or times indicated by your practitioner.

**Please note: Saliva samples will be sent back to Nutrisearch at room temperature and are not required to be transported frozen.**



### Collect Sample 1:

Collect Sample 1 between 6am - 8am, within 30 minutes of rising



### Collect Sample 2:

Collect sample 2 between 12 noon - 1pm



### Collect Sample 3:

Collect Sample 3 in the afternoon between 4pm - 5pm



### Collect Sample 4:

Collect Sample 4 just before bed, between 8pm - 10pm

### If doing a Female Hormone Profile Code 1005 or 1006 (1x 5ml Tube):

You will need to fast for a minimum of 8 hours for this collection. Please collect the sample on day **19-21 of your cycle at 6-8am (or as advised by your practitioner)**. Ensure you label the tube correctly with patient name, date of birth, date of collection and the time collected including am or pm.



### If doing a Male Hormone Profile Code 1007 or 1008 (1x 5ml Tube):

You will need to fast for a minimum of 8 hours for this collection. Please collect the sample between **6-8am (or as advised by your practitioner)**. Ensure you label the tube correctly with patient name, date of birth, date of collection and the time collected including am or pm.



### If doing an Adrenocortex Stress profile (4 x 5ml Tubes): (refer to schedule):

You will need to collect a sample at 8am, 12noon, 4pm, 8pm all within the **SAME day (or times advised by your practitioner)**. Ensure you label all tubes correctly with patient name, date of birth, date of collection and the **time collected including am or pm on EACH TUBE**.



### Adrenocortex Stress profile & Hormone profile (4x 5ml Tubes) (refer to schedule):

You will need to collect a sample at **8am, 12noon, 4pm, 8pm** all within the **SAME day (or times advised by your practitioner)**. Ensure you label all tubes correctly with patient name, date of birth, date of collection and the **time collected including am or pm on EACH TUBE**.



### If doing a Sleep Cycle profile Code 1009 (1x 5ml Tube):

You need to collect the sample between **12 midnight - 2am in a room with minimal light (or as advised by your practitioner)**. Ensure you label the tube correctly with patient name, date of birth, date of collection and the time collected including am or pm.

