

- Hormone Health

Self-Collection Instructions

Saliva Sample

The LifeLabs logo features the word "LifeLabs" in a blue, sans-serif font. A red dot is positioned above the letter "i". The background of the slide includes abstract geometric shapes: a large light blue circle, a dark blue vertical bar, and a light blue vertical bar, all overlapping and partially obscuring the text.

Prior to Collecting Saliva Sample

- ✓ Review the test request form and confirm accuracy of information
- ✓ Complete & sign the test request form
- ✗ Do not consume caffeine, smoke or exercise on day of collection
- ✗ Do not eat, brush teeth, floss or drink anything for at least 30 minutes prior to collection of each sample
- ✗ Do not drink water during collection

Tips

- i If a mistake occurs during collection, simply rinse out tube with water and start over.
- i In case of dry mouth, press tip of tongue against teeth.
- i Smelling a lemon or other food, or yawning, can also stimulate saliva.

Currently On Hormone Therapy?

Consult your healthcare professional before modifying your hormone usage or if on medication not listed here.

Medication Type

Creams, gels, sprays & pills

Collection time guidelines

12-24h after last dose

Patches

1-2 days after patch application

Sublinguals and troches

36hrs after last dose

Injections

Midway between injections

Recently Started Hormone Therapy

- Wait at least 3 weeks before testing.
- Women taking birth control pills or other natural/synthetic hormones should consult their health care professional before testing.
- Consult your health care provider if you are currently taking any of the following: Melatonin, Pregnenolone, placental derivative creams, steroidal anti-inflammatory creams, oral medications or inhalers such as Betamethasone, Prednisone or Hydrocortisone.

Saliva Samples Required Per Test

Each test requires different collection numbers/times	Collection 1 (Waking up)	Collection 2 (Afternoon)	Collection 3 (Evening)	Collection 4 (Bedtime)
Endo Complete + Melatonin Female Endo Complete Male Endo Complete Adrenal Profile Cortisol Panel	✓	✓	✓	✓
Female Endo Plus Male Endo Plus	✓			✓
Female Endo Basic Male Endo Basic	✓			
Cortisol - Waking	✓			
Cortisol - Afternoon		✓		
Cortisol - Evening			✓	
Cortisol - Bedtime				✓
Other Single Hormones	✓			

See separate guidelines on next page for Melatonin (1 tube) and Melatonin panel (2 tubes).

Collection Times & Volumes



TUBE 1 (5ml Saliva)
30 minutes after waking up



TUBE 2 (3ml Saliva)
Afternoon (if required)*



TUBE 3 (3ml Saliva)
Evening (if required)*



TUBE 4 (3ml Saliva)
30 minutes prior to bedtime*

***Note** for multi-sample collections, each should be a **MINIMUM** of **3 hours apart**.

Plan your collection schedule to ensure all samples can be collected within a single day.

For single melatonin (daytime) or the melatonin panel (daytime and nighttime) **ONLY**, please follow separate guidelines:

Melatonin (nighttime):

Tube 1 (3ml Saliva)

Overnight, collect 4 hours after going to sleep for the night

Melatonin (daytime):






Tube 2 (3ml Saliva)

Afternoon or 4-6 hours after waking up





Women Menstruating

Collect saliva sample a week before next period. If irregular, collect one week before expected period, or when not bleeding.

Collecting Your Saliva Sample

-  1 Wash and dry hands thoroughly.
-  2 Fill tube(s) with saliva to required amount. Any sample collected 30 minutes after waking up requires 5ml, all others require 3ml. Some tests do not require all tubes. Dispose of any unused tubes.
-  3 Secure cap on tube(s) and tighten.
-  4 Clearly fill in provided labels and affix to sample tubes Label #1 on first sample, Label #2 on second sample, etc.
-  5 Place tube(s) in ziptop bag provided, keeping absorbant strip in the bag. Freeze samples until ready to ship. They can remain in freezer for several days if needed.
Note: Samples collected >14 days prior to receipt at the lab will not be accepted for testing.

Returning Your Saliva Sample

-  1 Complete all sections on the request form with a blue heading (you must sign the bottom of the request form).
-  2 Place your request form and bagged sample back into the kit box and put the box into the pre-paid Canada Post mailer.
-  3 Add your address to the prepaid label and attach to the package.
-  4 Go to www.CanadaPost.ca to find the Canada Post store or drop box location nearest you for Express Post package drop off.

For test details, FAQs, and support go to:
www.rmalab.com/hormone-health

The logo for LifeLabs is centered on a solid blue background. It features the word "LifeLabs" in a white, sans-serif font. The letter "i" is stylized with a red dot above it and a white swoosh that extends downwards and to the right, resembling a person's arm or a stylized letter. The word "Labs" is in a standard sans-serif font. A registered trademark symbol (®) is located at the top right of the word "Labs".

LifeLabs®