

## **PATIENT FAQs - HORMONE HEALTH SALIVA TESTING**

### **Q. What is a Hormone Health kit?**

**A.** Hormone Health kits allow providers and patients access to 19 individual and panel hormone tests to enable access to convenient, reliable, and non-invasive assessments to understand underlying hormone levels. A single kit provides access to all the testing products that are part of this portfolio. Steroid hormones can have a wide range of effects, including on energy levels, mood, weight, sexuality, reproduction, and more. Too much or too little of any one hormone can cause a hormonal imbalance, resulting in a variety of symptoms.

Hormone imbalance may be a result of illness or may produce symptoms and biochemical changes that contribute to illness. Saliva hormone testing is a convenient method to determine bioavailable hormone levels and to help uncover underlying hormone imbalances.

### **Q. What tests are available by collecting with Hormone Health kits?**

**A.** Hormone Health testing kits provide a variety of panels and individual hormone tests to meet assessment needs.

- Endo Complete + Melatonin Cortisol (Morning, Afternoon, Evening, Bedtime), Progesterone, Testosterone, Estradiol, DHEA-S Melatonin (Daytime)
- Female Endo Complete Cortisol (Morning, Afternoon, Evening, Bedtime), Progesterone, Testosterone, Estradiol, DHEA-S
- Female Endo Plus Cortisol (Morning, Bedtime), Progesterone, Testosterone, Estradiol, DHEA-S
- Female Endo Basic Cortisol (Morning), Progesterone, Testosterone, Estradiol, DHEA-S
- Male Endo Complete Cortisol (Morning, Afternoon, Evening, Bedtime), Testosterone, Estradiol, DHEA-S
- Male Endo Plus Cortisol (Morning, Bedtime), Testosterone, Estradiol, DHEA-S
- Male Endo Basic Cortisol (Morning) Testosterone, Estradiol, DHEA-S
- Adrenal Panel Cortisol (Morning, Afternoon, Evening, Bedtime), DHEA-S
- Cortisol Panel Cortisol (Morning, Afternoon, Evening, Bedtime)
- Melatonin Panel Melatonin (Daytime, Nighttime)
- Cortisol (morning)
- Cortisol (afternoon)
- Cortisol (evening)
- Cortisol (bedtime)
- Progesterone
- Testosterone
- Estradiol
- DHEA-S
- Melatonin (daytime)

**Q. Who is this test for?**

**A.** This test will primarily be available for patients of naturopathic doctors. It is useful for patients who prioritize their health and are interested in exploring their overall wellness and the options to improve it through understanding their hormone health.

**Q. How can the kit be ordered?**

**A.** Your healthcare provider will order from LifeLabs® and provide you with a kit.

**Q. How are samples collected for this test?**

**A.** Instructions are provided with the collection kit. Saliva is collected into one of the tubes provided with the kit, between 3-5ml depending on the sample. 5 ml is required only for samples collected within 30 minutes of waking up (Tube 1), and 3ml is required for all other tubes/collection times. Between one and four saliva samples are collected, depending on the test selected.

**Q. What are some tips to help produce saliva for the test sample?**

**A.** In case of dry mouth, press tip of tongue against teeth. Smelling a lemon or other food, or yawning, can also stimulate saliva.

**Q. Is there a cost to the patient for completing the kit?**

**A.** You will pay your healthcare provider directly for the cost of the test.

**Q. Do patients have to pay for postage to send in the kits?**

**A.** Each kit includes a pre-paid Canada Post Express Post shipping label as well as the required shipping materials. Therefore, **no additional shipping costs will be incurred.**

**Please note: You must affix the prepaid shipping label before sending the samples back to LifeLabs®; the XpressPost bag itself does not provide free shipping.**

**Q. What if the sample that arrives in the lab does not contain enough saliva/is considered not sufficient?**

**A.** If there is insufficient sample to perform testing, there is an issue with sample quality, or another issue occurs, your healthcare provider will be contacted to arrange a recollection.

**Q. What is the expected turnaround time for obtaining results after the sample arrives at LifeLabs®?**

**A.** Patients can obtain results from their healthcare provider, once reported by LifeLabs®. Be aware that our turnaround time of 7-10 days is following arrival at the lab, and samples may take some time to arrive at LifeLabs®. Results are then provided to your healthcare provider.

**Q. What time of month should I collect my sample?**

**A. For those not menstruating:** Collect anytime. However, if your healthcare provider has given specific recommendations, please follow those.

**For those menstruating:** Collect saliva sample a week before next menstrual cycle. If irregular, collect one week before expected cycle, or when not menstruating.

**Q. I have a dry mouth in the morning. Can I drink water upon waking and then collect 30 minutes after that?**

**A.** If you have a dry mouth in the morning, you can drink/rinse with water immediately upon waking then collect your sample **30 minutes later**.

**Q. Is the 30-minute window when I must start collecting my sample or finish collecting my sample?**

- Tube 1/within 30 minutes of waking up: Complete collecting sample within 30 minutes of waking
- Tube 4/within 30 minutes of bedtime: Start collecting sample within 30 minutes of going to bed to sleep
- Ensure you do not brush your teeth, eat, or drink within 30 minutes prior to sample collection

**Q. Do bubbles count towards sample total volume?**

**A.** Bubbles do not count towards total sample volume. If there are too many bubbles in your tube, try capping the tube and gently tapping it to remove bubbles.

**Q. Is this only available for Ontario residents?**

**A.** The Hormone Health kits, and test menu are now available to naturopathic doctors nationally to most regions except BC. The service will be available to BC providers in early 2024.

**Q. Where can more information be found about this kit?**

**A.** For any questions not answered on the website about the test or sample collection, please contact our Customer Care Centre.

Ontario: 1-877-849-3637

Saskatchewan: 1-888-333-0222