

Collection Instructions for H Saliva Vials – Timed Samples

Write your name and date of birth on all vials and record the date collected.

Preparation

3-5 days prior to collection: Unless your provider instructs you otherwise, avoid hormonal supplements in the form of sublingual drops under your tongue, troches or pellets. Swallow them with liquid instead.

The entire day before collection and throughout the day of collection: Avoid all hormones (regardless of form), and all topical skin care products (i.e. anti-aging cream, moisturizers, lip balm, lipstick, etc.) unless directed otherwise by your provider. If you have any questions, please follow up with your provider.

Saliva Collection

All samples must be collected on the same day starting with the MORNING vial and ending with the MIDNIGHT or POST-MIDNIGHT vial. Use all vials supplied in your kit. (If vials are missing, they are not needed.)

- 60 minutes before each collection:** Avoid smoking, brushing or flossing your teeth, using mouthwash, and eating or drinking anything except water.
- 3-5 minutes before each collection:** Rinse mouth thoroughly with cold water for approximately 30 seconds. If you have gingivitis or bleeding gums, rinse with ice cold water.
- Wash hands prior to handling vials.**
- Follow Collection Schedule below.**
 - * For H vials (without cotton):** Collect saliva in appropriate vial up to the 5th line from the bottom or at least 3/4 full, excluding foam. Take your time. Allow saliva to pool in mouth and then transfer into vial. If too much foam is present to collect to the 5th line, cap vial tightly and place in the freezer for 2-3 minutes. Remove vial from freezer, tap it on a tabletop to settle the foam, and resume filling to the 5th line.
- If you have difficulty producing sufficient saliva:** Smell a lemon wedge, vinegar, or pickle juice; or imagine eating your favorite food item to promote flow.
- Recap vial tightly, place in resealable bag with absorbent orange shipping pad, refrigerate and ship all vials together as soon as possible after collection.

Collection Schedule (collect all Vials included in your kit)

Morning/Fasting 6:00 – 8:00 AM (Collect within the first 30 minutes of waking; no food for 6-8 hours prior to collection)
Noon 11:00 AM – 1:00 PM
Afternoon 4:00 – 5:00 PM
Midnight/Bedtime..... 10:00 PM – Midnight
Post-Midnight..... 2:00 AM – 4:00 AM

For Non-fasting Insulin

Unless your provider instructs you otherwise, please consume 75g of carbohydrates about 60 minutes before your **noon sample** collection. Examples: 2 slices of white bread and 1 cup of orange juice and 1 small fruit, OR 1 cup of cooked oatmeal and 1 cup of apple juice and 1/4 cup dried fruit, OR 1 cup cooked pasta and 1 cup apple sauce and 15 small grapes. For additional instructions and food choices, visit www.diagnostechs.com and select **Patients → Download Forms → Carbohydrate Stimulation Test**.

Shipping Instructions

US Domestic: Tuck front flap into box and seal with shipping label (included in box). Place label within dashed lines and adhere over front edge of box. Send from your most convenient shipping location, matching the carrier indicated on your return shipping label.

International: Seal box with clear tape. Delivery charges will apply. Deliveries can be made Monday through Friday. Please ship with the carrier of your choice to guarantee next day or two-day delivery.

For Express Couriers:

DiagnosTechs, Inc.
Sample Processing
840 S 333rd St
Federal Way, WA 98003 USA
425-251-0596