

Contents: 5 H & 1 F/L Saliva Vials, 2 B Fecal Vials, and 1 Swab

— Saliva Specimens —

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 on 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. Please do not call the lab.

PLEASE FILL CIRCLE IF YOU

- ☐ **Have gingivitis or bleeding gums.**
☐ **Are not on regular wake(day)/sleep(night) schedule.**

IMPORTANT! Consult your physician if you are using any topical or injectable hormone preparation such as progesterone, estrogen, testosterone, DHEA, etc. This includes creams, gels, oils, patches or injectables. Your hormone results may not reflect a true baseline for three weeks to three months or longer following discontinuation.

**WITHIN THE SAME 24 HOUR PERIOD
AS THE 2ND STOOL COLLECTION**

Saliva Collection: H Vials

All samples must be collected on the SAME DAY AND NIGHT starting with the morning H vial and ending with the midnight H vial.

- 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. Wash hands prior to handling vials.
- Following schedule below, collect saliva in corresponding vial up to the 5th line from the bottom excluding foam. Take your time. Allow saliva to pool in mouth and then transfer into vial.
- Recap vial, place in ziplock bag with absorbent orange shipping pad, REFRIGERATE and ship all vials and swab together as soon as possible after collection following instructions at bottom of form.

Collection Schedule: Vials are marked. DO NOT exchange.

Please Complete

Morning/Fasting	7:00-9:00am	7-8 Hour Fast
Noon	11:00am-1:00pm	Last Meal or Snack _____ AM/PM
Afternoon	3:00-5:00pm	Last Meal or Snack _____ AM/PM
Evening	7:00-9:00pm	Last Meal or Snack _____ AM/PM
Midnight	1:00-3:00am	Last Meal or Snack _____ AM/PM

Saliva Collection: Green Top F/L Vial

Collect saliva directly into Green Top F/L Vial up to the 2nd line from the bottom. Collect at least one hour away from all other vials. Recap vial and **REFRIGERATE** until mailing.

Return all vials and swab together.

Date I Collected Saliva _____

For Female Patients: Day of menstrual cycle sample was collected on: _____

How to collect SWAB:

Please Circle the Location Swabbed: Throat Vagina Other

Throat: Carefully guide cotton swab all the way back into throat and swab gently. Then place swab tip to the bottom of tube, snap off swab shaft and replace cap.

Vaginal and Other: Gently insert the cotton swab 2-3 inches and rotate. Then place swab tip to the bottom of tube, snap off swab shaft and replace cap.

Refrigerate all samples. Follow mailing instructions.

Date Collected: _____

— Fecal Specimens —

Content: 2 B Fecal Vials

Please do not discard fluid in vials.

Avoid the following prior to collection:

- Bulk laxatives, osmotic or stimulant laxatives, vitamin C, heme iron, rare red meat, and peroxidase containing foods (broccoli, cauliflower, radishes, parsnips, turnips, grapefruit, figs, horseradish, cantaloupe, and kale) for 3 days.
- Antacids, bismuth compounds, mineral oil, castor oil, activated charcoal, bentonite clay, enemas, and colonics for 1 week.
- Antifungal and antimicrobial medications or herbs for 2 weeks.

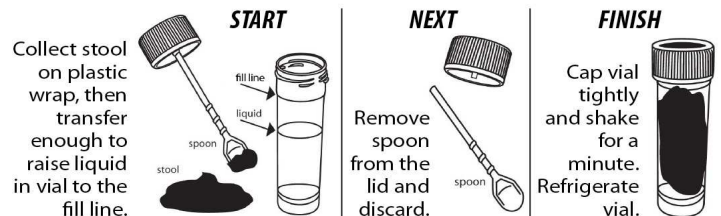
1st Collection: Stretch a plastic wrap across toilet bowl or use a plastic container to catch stool. Collect stool into one of the B vials.

2nd Collection: 2-3 days later, perform a fresh stool collection for the remaining "B" vial.

Date Collections Completed: _____

Stool Collection Diagram for A & B Vials

Avoid urine and water contamination of stool samples.



STORAGE & SHIPPING INSTRUCTIONS FOR ALL SPECIMENS

- ☐ Ship samples on same day as last sample collection (preferred). If not, refrigerate samples; ship within 3 days.
- ☐ Write name, address, date of birth, and collection date on the order form.
- ☐ Write name and date of birth on all vials.
- ☐ Be sure required test orders are marked on the order form. If not, please contact your provider for test orders.
- ☐ Include payment check or credit card information, if applicable. We do not accept cash.
- ☐ Place vials, order form, and payment into kit box.
- ☐ **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. Drop off test kit with the carrier indicated on the return shipping label.
 - ☐ **International:** shipping charges will apply. Ship test kit with FedEx and select two to three day delivery. Deliveries can be made Monday through Friday. International shipping forms are available on our website. See Patients -> Shipping Instructions

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