

# Returning your specimen to Age Diagnostic Laboratories

- Place the completed request form into the non-sealable section of the biohazard specimen transport bag supplied
- Place the biohazard specimen transport bag into the Fedex clinical pak provided
- Send sample to Age Diagnostic Laboratories (ADL)
- If you are unable to ship the specimen immediately, store the saliva in the refrigerator.

*If you are outside of the USA return specimen as per the instructions from your local ADL agent (if applicable).*

## Results

Your healthcare practitioner can expect to receive results 1-2 weeks after Age Diagnostic Laboratories (ADL) receives the specimen.

Testing should ideally be professionally requested and interpreted. Patient requested tests however are permitted but are intended for informational purposes only.

For further information about this and other tests that are available from Age Diagnostic Laboratories (ADL) please refer to our website:

**[www.adltests.com](http://www.adltests.com)**

**Female Cycle**  
(28 day) hormone  
specimen collection  
instructions

## Before you start

### Check the contents of the test kit

- 11x Saliva tubes
- 1x Age Diagnostic Laboratories (ADL) request form
- 1x Specimen collection instructions
- 1x Salivary collection calendar
- 1x Biohazard specimen transport bag
- 1x Fedex clinical pak

If items are missing or you have any questions regarding the test kit, please contact Age Diagnostic Laboratories (ADL) on 877 983 7863 or contact your local ADL agency.

*Read the enclosed instructions before proceeding.*

## This kit can be used for any of the following tests

- Female Cycle (28 Day) Hormone Profile (Salivary) (1004)

## Practitioner, payment and testing details

*Complete the ADL request form enclosed.*

*Be sure to complete all patient information and payment options.*

## Female Cycle (28 day) hormone specimen collection instructions

### To ensure we can provide accurate results

- This test is most appropriate for females who are not on any hormonal medications or herbal preparations that may affect hormone levels
- Some medications and/or herbs may influence the hormone test results. They include but are not limited to the following: oral contraceptive pills and devices, synthetic and bioidentical hormone replacement therapy (e.g. DHEA, estrogen, progesterone, testosterone) melatonin, cimetidine, anastrozole, letrozole, exemestane, chrysin, apigenin, tribulus terrestris, antiepileptics, digoxin, ketoconazole, clomiphene, phenytoin, oral steroids (e.g. Prednisone), St. Johns Wort, cortisone cream or patches and any steroid-based nasal sprays, inhalers or eye drops. If you are using any of these medications please advise your healthcare practitioner before taking this test
- Never discontinue prescription medications without first consulting your healthcare practitioner
- **On the day of collection**, avoid caffeine, alcohol and nicotine (smoking) unless you are told otherwise by your healthcare practitioner
- **During the hour prior to collection**, do not eat, drink, brush teeth, use mouthwash or apply make-up. Remove any lipstick
- **Before beginning collection**, wash your hands thoroughly with soap and water, as hormone creams, make-up or other substances may contaminate the saliva tubes and specimen.

### When to collect your saliva sample

- The female cycle (28 day) hormone profile measures hormone levels throughout your menstrual cycle
- The collection schedule for this test is based on this cycle. Day 1 is the first day your menstrual blood flow begins. Count from this day, but do not collect a specimen on this day
- Collect one tube of saliva on days 3, 5, 8, 11, 12, 14, 16, 18, 20, 23 and 28 of your menstrual cycle
- Collect the saliva samples between 6-8am
- Keep these instructions and the test kit box until the test is complete
- You may like to use the calendar provided (table 1), marking off collection days as you progress through the test.

### Specimen collection

- Rinse your mouth with drinking water before collection. Spit out the water completely. Wait at least 5 minutes before proceeding with the collection
- Completely fill the collection tube (5mL) with liquid saliva, not foamy. Tap the tube with your fingernail or a hard surface to reduce bubbles. Please note an insufficient specimen may mean some tests can't be performed, but may still incur a charge
- Sugarless gum can be used to assist in saliva production. However, only use this option if absolutely necessary
- During collection do not cough or clear your throat into the collection tube as this will dilute the result
- Fill the tube to the 5 mL mark and screw the cap on tightly
- Write the patient name, collection time and date on each tube
- Put the saliva specimen into the sealable section of the biohazard specimen transport bag supplied and place it into the freezer
- Repeat the specimen collection steps using a fresh saliva tube for each collection day as outlined above.

**Table 1: Female Cycle (28 Day) Hormone Test Salivary Collection Calendar**

<b>Day 1</b> 1 <sup>st</sup> day of menstruation Date: _____	<b>Day 2</b> Date: _____ Sample Collected: <input type="checkbox"/>	<b>Day 3</b> Date: _____ Sample Collected: <input type="checkbox"/>	<b>Day 4</b> Date: _____ Sample Collected: <input type="checkbox"/>	<b>Day 5</b> Date: _____ Sample Collected: <input type="checkbox"/>	<b>Day 6</b>	<b>Day 7</b>
<b>Day 8</b> Date: _____ Sample Collected: <input type="checkbox"/>	<b>Day 9</b> Date: _____ Sample Collected: <input type="checkbox"/>	<b>Day 10</b> Date: _____ Sample Collected: <input type="checkbox"/>	<b>Day 11</b> Date: _____ Sample Collected: <input type="checkbox"/>	<b>Day 12</b> Date: _____ Sample Collected: <input type="checkbox"/>	<b>Day 13</b>	<b>Day 14</b> Date: _____ Sample Collected:
<b>Day 15</b>	<b>Day 16</b> Date: _____ Sample Collected: <input type="checkbox"/>	<b>Day 17</b>	<b>Day 18</b> Date: _____ Sample Collected: <input type="checkbox"/>	<b>Day 19</b>	<b>Day 20</b> Date: _____ Sample Collected: <input type="checkbox"/>	<b>Day 21</b>
<b>Day 22</b>	<b>Day 23</b> Date: _____ Sample Collected: <input type="checkbox"/>	<b>Day 24</b>	<b>Day 25</b>	<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b> Date: _____ Sample Collected:

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