

Returning your specimen to Age Diagnostic Laboratories

- Put the saliva specimens into the sealable section of the biohazard specimen transport bag supplied
- 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. Send the specimen to ADL or your ADL agent within 7 days of collection.

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 approximately 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



Before you start

Check the contents of the test kit

- 1x, 2x or 4x Saliva tubes (depending on the type of kit you have)
- 1x Age Diagnostic Laboratories (ADL) request form
- 1x Specimen collection instructions
- 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

- Adrenocortex Stress Profile (Salivary) (1001)
- Adrenocortex Stress Profile + sIgA (Salivary) (1002)
- Candida Antibodies (Salivary) (3001)
- Cortisol Profile (Salivary) (1003)
- Female Hormone Profile (Salivary) (1004)
- Male Hormone Profile (Salivary) (1006)
- Salivary Hormone tests (Androstenedione, Cortisol, DHEAs, DHT, E1, E2, E3, Melatonin, Progesterone, Testosterone)
- Secretor Status (Salivary) (3006)
- Secretory IgA (Salivary) (3007)
- Sleep Profile (Salivary) (1007)

Practitioner, payment and testing details

Complete the ADL request form enclosed.

Be sure to complete all patient information and payment options.

When to collect saliva specimens

For the Adrenocortisol Stress Profile and Cortisol Profile:

Collect a single saliva specimen at 6-8 am, 12 noon, 4 pm and 8 pm. If you

are on any steroid medications (eg Prednisone, cortisone cream, inhalers) or herbal products that affect the adrenal glands, we suggest that you discuss whether you need to discontinue these medications prior to collecting your specimen.

For the Candida Antibodies, Secretor Status and Secretory IgA Profiles: Collect a single saliva specimen at any time of any given day.

For the Female Hormone Profile: Collect a single saliva specimen between 6-8am. If you are pre-menopausal it is advisable to collect the sample on day 19-21 of your menstrual cycle (Day 1 is the first day of your menstrual period). Menopausal women can collect the specimen on any day of the month. For those on hormone medication see the recommendations below.

For the Male Hormone Profile: Collect a single saliva specimen between 6-8am. For those on hormone medication see recommendations below.

For the Single Salivary Hormone tests: Collect a single saliva specimen at each of the time points indicated by your healthcare practitioner. Specimens at different time points are usually collected over a single day.

- Most hormones are collected between 6-8am
- Melatonin testing: the standard sampling times are between 12 midnight-2 am and 6-8 am
- Cortisol testing: the standard sampling times are 6-8 am, 12 noon, 4 pm, 8 pm and 12 midnight-2 am
- Note: multiple hormones can be tested from 1 tube
- For those on hormone medication see recommendations below.

For the Sleep Profile: Collect a single saliva specimen between 12 midnight-2 am. We suggest that you go to sleep prior to collecting the specimen and set an alarm to wake you up at the time of sampling. For most accurate results collect the saliva specimen in a darkened room if possible and within 10 minutes of waking.

If you use hormone medication, ensure that you allow the appropriate time to pass after your last dose before you collect your saliva specimens as specified below;

- DHEA supplementation: collect saliva specimen 6-8 hours after last dose
- Hormone creams or capsules: collect saliva specimen 12-24 hours after last dose
- Troche/sublingual: collect saliva specimen 12-24 hours after the last dose
- Transdermal patches (bi-weekly use): collect saliva specimen 2-3 days after applying the patch
- Transdermal patches (daily use): collect saliva specimen 12-24 hours after applying the patch
- Vaginal suppositories: collect saliva specimen 12-24 hours after last dose.

To ensure we can provide accurate results

- For the Candida Antibodies Test: **1 week before the test:** cease taking antibiotics and antifungal drugs unless instructed otherwise by your healthcare practitioner.
- Some medications and/or herbs may influence the hormone test results. Please discuss with your healthcare practitioner whether it is appropriate for you to discontinue any medications prior to collecting your specimen.
- 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.

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.
- Repeat the specimen collection steps using a fresh saliva tube for each collection time requested by your practitioner.