

COLLECTION INSTRUCTIONS

Your 6-point saliva collection

This test maps your morning cortisol rise and how your levels fall through the day, from six saliva samples collected across a single day. The first three – in the hour after you wake – are the heart of the test, so timing them precisely matters.



A simple test you do at home

Your kit and instructions are posted directly to you – no collection centre visit needed. Collect your six samples at home across one day, then mail them back to the lab in the prepaid packaging provided.

1 Your collection day

Morning – the awakening response

KEY WINDOW



SAMPLE 1

On waking

immediately, before getting up



SAMPLE 2

+30 min

30 min after waking



SAMPLE 3

+60 min

60 min after waking

Note your exact wake time and collect Sample 1 the moment you wake – ideally before getting out of bed, and before eating, drinking anything but water, smoking or looking at a bright screen. Use a timer for the +30 and +60 minute samples. Stay relaxed and unhurried through the first hour, and don't go back to sleep.

Then across the day



SAMPLE 4

~ 12 noon

approx.



SAMPLE 5

~ 4 pm

approx.



SAMPLE 6

~ 9 pm

approx.

What this test measures

Cortisol – on waking Cortisol – +30 min Cortisol – +60 min Total CAR CAR rise & decline
 Cortisol – midday Cortisol – afternoon Cortisol – evening DHEA-S
 Cortisol / DHEA-S ratio

2 Before you collect

Follow these on your collection day – and in the two hours before each daytime sample.



Avoid all day

Strictly avoid caffeine, alcohol and nicotine (smoking) on your collection day, unless your healthcare provider tells you otherwise.



Before each sample

In the 2 hours before a daytime sample, don't eat, brush or floss, or use mouthwash. A little water is fine.



Just before

Wash your hands with soap and water. For daytime samples, rinse your mouth with water 15 minutes before collecting.

IF YOU USE HORMONES

Hormone & supplement users

Continue your medications as prescribed – you do **not** need to stop them **unless advised by your practitioner**. If you use any hormone or steroid product (for example a cortisol/hydrocortisone cream, or a DHEA supplement), note it and its type on your request form, and follow the timing below. Unsure how to time a sample? Email us at info@i-screen.com.au.

Product type	When to collect your sample
Creams / gels / capsules	12–24 hours after last dose
Troche / sublingual	36 hours after last dose
Patches	24–48 hours after applying patch
Injections / pellets	Midpoint between treatments

3 Collecting each sample

Morning samples (1–3): collect promptly on waking and at +30 / +60 min – don't eat, drink anything but water, or brush in between. **Daytime samples (4–6):** don't eat, brush or use mouthwash in the 2 hours before, and rinse your mouth with water 15 minutes before collecting.

- 1 Wash your hands thoroughly before you start.
- 2 Unscrew the lid of the collection tube and hold it to your lips.
- 3 Tilt your head forward and let saliva pool naturally inside your mouth.
- 4 Allow saliva to **passively pool into the tube** – don't force or spit. Continue until you reach the fill line with liquid saliva.
- 5 **Fill the tube to the line with liquid saliva.** Avoid foam or bubbles – tap the tube to settle them. Insufficient samples cannot be processed.
- 6 Don't cough, clear your throat, or draw mucous from the back of your throat into the tube.
- 7 Screw the cap on **tightly** to avoid leakage, and label the tube straight away – **the sample number and exact time are essential.**

Label every tube with:

- ☒ Your **first name and surname**, and **date of birth**
- ☒ The **sample number** (1–6)
- ☒ The **exact time collected** (including am or pm)
- ☒ The **date of collection**

Storage: Keep tubes at room temperature until you post them – they do not need to be frozen or refrigerated. Send all six samples together, the same day you finish collecting.

4 Packing & sending

- 1 Check your **request form** is complete – full name, date of birth, address and contact number. Details must match your tube labels.
- 2 Place all six labelled tubes into the **sealable** section of the specimen transport bag, and the request form into the **non-sealable** pocket.
- 3 Seal everything inside the **prepaid return envelope** provided and post it via your nearest Australia Post outlet or express post box the same day.

Your results: Once the lab receives your samples, your results and personalised insights appear in your secure i-screen dashboard, typically within **10–12 days**. We'll email you as soon as they're ready.