

COLLECTION INSTRUCTIONS

Your 28-day cycle collection

This test maps how your oestrogen and progesterone rise and fall across a whole menstrual cycle, from eleven saliva samples taken on set days. Collecting on the right days, each morning, is what makes the map accurate.



A simple test you do at home

Your kit and all eleven tubes are posted directly to you – no collection centre visit needed. Collect one sample on each of the days below, freezing each as you go, then mail them all back once your cycle is complete.

1 Your collection days

Day 1 is the first day of your period – don't collect on that day. Over your cycle you'll collect **11 samples** on the highlighted days below.

START 1	DAY 2	COLLECT 3	DAY 4	COLLECT 5	DAY 6	DAY 7
COLLECT 8	DAY 9	DAY 10	COLLECT 11	COLLECT 12	DAY 13	COLLECT 14
DAY 15	COLLECT 16	DAY 17	COLLECT 18	DAY 19	COLLECT 20	DAY 21
DAY 22	COLLECT 23	DAY 24	DAY 25	DAY 26	DAY 27	COLLECT 28

☒ Collection day – 11 in total ☒ Day 1 – cycle starts (no sample) ☐ No sample

Collect each sample in the morning – within 30–60 minutes of rising, ideally between 6–8 am, after an **8-hour overnight fast**. Label every tube with its **day number**, date and time (e.g. Day 3 – 14/mm/yyyy, 6:30 am).



Freeze every tube as you collect

Because your samples are collected over several weeks, **each tube must go straight into the freezer** after collection and stay frozen until you post them all together at the end of your cycle.

What this test measures

Across your 11 collection days, this test builds a full-cycle profile of:

Oestradiol (E2) – 28-day profile

Progesterone – 28-day profile

Progesterone / Oestrogen ratio

Testosterone (Day 11)

2 Before each sample

Follow these on every collection morning, and in the two hours before you collect.



Avoid on the day

Strictly avoid caffeine, alcohol and nicotine (smoking) on each collection day, unless your provider advises otherwise.



Fast overnight

Fast for at least 8 hours the night before, and don't eat, brush or floss, or use mouthwash in the 2 hours before collecting.



Just before

Wash your hands with soap and water. Rinse your mouth with water, spit out fully, and wait 10 minutes before collecting.

HORMONE THERAPY

Are you using hormones?

This test is designed for women who are **not currently supplementing with hormones**. If you do use a hormone or steroid product, it can affect your result – continue as prescribed unless advised, note it and its type on your request form, and follow the timing below. Unsure? 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
Injectations / pellets	Midpoint between treatments

3 Collecting each sample

Repeat these steps on each of your 11 collection days, using the correctly labelled tube for that day.

- 1 Wash your hands. Rinse your mouth with water, spit it out completely, and wait **10 minutes** before collecting. Don't cough or clear mucous into the tube.
- 2 Let saliva **pool naturally in your mouth**, then transfer it into the tube. Tilt your head forward to help it collect.
- 3 **Fill the tube with at least 3–5 ml of liquid saliva.** Avoid foam or bubbles – tap the tube on a hard surface to settle them. Insufficient samples cannot be processed.
- 4 Screw the cap on **tightly** to avoid leakage.
- 5 Label the tube straight away, then place it **in the freezer** until you're ready to send everything.

Label every tube with:

- ☒ Your **first name and surname**, and **date of birth**
- ☒ The **cycle day** (e.g. Day 3)
- ☒ The **date and time collected** (e.g. 14/mm/yyyy, 6:30 am)



Keep frozen until you post

Store every tube in the freezer between collections. Only take them out when you're ready to pack and post all 11 together.

4 Packing & sending

- 1 After your last sample (Day 28), check all **11 tubes** are labelled, and complete your **request form** and **Patient Checklist Form** in full.
- 2 Place the tubes into the **sealable** section of the specimen transport bag, and your forms into the **non-sealable** pocket.
- 3 Seal everything inside the **express post envelope** provided and mail it back the same day via Australia Post.

Your results: Once the lab receives your samples, your full-cycle results and personalised insights appear in your secure i-screen dashboard. We'll email you as soon as they're ready.