

COLLECTION INSTRUCTIONS

How to collect your saliva sample

A few simple steps to make sure your sample is accurate the first time.
Following these carefully avoids delays or the need to recollect.

NEED A HAND?

Not sure about any step?

If you're uncertain about the collection procedure after reading these instructions, contact the i-screen support team before you begin and we'll walk you through it. Reading and following every instruction carefully is important – without these precautions your results may be inaccurate and a recollection may be required.

Before you collect

Hormone users guide

Continue to use your hormones as prescribed. You do **not** need to stop your current hormone medication before collection **unless advised by your practitioner**. Use the timing below for the most accurate result, and note your hormone type on your request form (e.g. progesterone cream, troche).

Hormone 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

On the day – and in the 2 hours before collection

 Avoid all day	 2 hours before	 Saliva Collection Guide • Page 1 of 3 Just before
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1 Collecting your sample

Work through these steps for each tube. If you've been given more than one tube, repeat the process at the times below or as directed by your practitioner.

- 1 Wash your hands thoroughly before you start.
- 2 Rinse your mouth thoroughly with water, then wait at least **15 minutes** before collecting. Don't eat, brush, floss or use mouthwash on the morning of collection, or within 2 hours of any sample.
- 3 Unscrew the lid of the collection vial and hold it to your lips.
- 4 Tilt your head forward and let saliva pool naturally inside your mouth.
- 5 Allow saliva to **passively pool into the vial** – don't force or spit. Continue until you reach the fill line with liquid saliva.
- 6 **Fill the tube to the top with liquid saliva.** Avoid foam or bubbles – tap the tube with a fingernail or on a hard surface to settle them. Insufficient samples cannot be processed.
- 7 During collection, don't cough, clear your throat, or draw mucous from the back of your throat into the tube.
- 8 Screw the cap on **tightly** to avoid any leakage in transit.
- 9 Label the tube clearly with the details in the checklist below.
- 10 Place the sealed vial into the specimen transport bag. Repeat steps 1–9 for each additional tube, following your collection schedule.

Label every tube with:

- ☒ Patient **first name and surname**
- ☒ **Date of birth**
- ☒ **Collection time** (including am or pm)
- ☒ **Date of collection**

Storage & return: Your saliva samples are returned at **room temperature** – they do not need to be frozen or refrigerated for transport.

Collection times for multi-sample days

If your test uses four tubes across the day, collect at these times unless your practitioner advises otherwise.

2 Your collection schedule

Find the profile that matches your test and follow its timing. Where a fasting period applies, avoid food and drink (other than water) for the stated time before collecting.

1 ×
5 ml

Female Hormone Profile

Codes 1005 / 1006

Collect on **day 19–21 of your cycle**, between **6–8 am** (or as advised by your practitioner). Label with your name, date of birth, date and time of collection.

Fast 8 hours before collection

1 ×
5 ml

Male Hormone Profile

Codes 1007 / 1008

Collect between **6–8 am** (or as advised by your practitioner). Label with your name, date of birth, date and time of collection.

Fast 8 hours before collection

4 ×
5 ml

Adrenocortex Stress Profile

Four samples across one day

Collect at **8 am, 12 noon, 4 pm and 8 pm**, all within the **same day** (or times advised by your practitioner). Label each tube with the time collected, including am or pm.

4 ×
5 ml

Adrenocortex Stress + Hormone Profile

Four samples across one day

Collect at **8 am, 12 noon, 4 pm and 8 pm**, all within the **same day** (or times advised by your practitioner). Label each tube with the time collected, including am or pm.

1 ×
5 ml

Sleep Cycle Profile

Code 1009

Collect between **12 midnight and 2 am**, in a room with **minimal light** (or as advised by your practitioner). Label with your name, date of birth, date and time of collection.

3 Packing & sending your sample

Once every tube is collected and labelled, send your sample back the same day.