



Cortisol Awakening Response (CAR)

COLLECTION INSTRUCTIONS

Before proceeding, please check through the following guidelines. Without taking these precautions your results may be inaccurate. Continue to use your hormones as prescribed. You do not need to stop current hormone medication prior to collection.

Please follow the chart below for optimal timing of collection

Hormone Type	Collect Sample
Creams/ gels/ capsules	12-24 hrs after last dose
Troche/ sublingual	36 hrs after last dose
Patches	24-48 hrs after applying patch
Injections/ pellets	Midpoint between treatment

1. Collect this sample on a Sunday or Monday ONLY.
2. If you are taking any hormone medications, please indicate this on your i-Screen pathology request form as well as indicating the hormone type. E.g. Progesterone Cream, troche.
3. On the day of collection: STRICTLY AVOID caffeine, alcohol and nicotine.
4. During the 2 hours prior to collection: DO NOT eat, brush or floss your teeth or use mouthwash. You may drink a little water during this time.
5. Before collection: wash hands thoroughly with soap and water to avoid contamination.
6. Prior to sample collection, rinse out mouth thoroughly with water and wait a minimum of 15 minutes before commencing the sample collection.

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Collection Times



Collect Sample 1
immediately upon rising



Collect Sample 2
30 minutes POST awakening



Collect Sample 3
60 minutes POST awakening



Collect Sample 4
at approximately 12noon



Collect Sample 5
at approximately 4pm



Collect Sample 6
at approximately 9pm



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SAMPLE COLLECTION STEPS:

1. Commence the saliva collection process by washing your hands thoroughly.
2. Unscrew the lid of the collection vial and hold it to your lips.
3. Tilt your head forward and allow the saliva to naturally pool inside your mouth.
4. Allow saliva to passively collect into the vial until you reach the top with liquid saliva
5. FILL THE COLLECTION TUBE as best as possible to the top with liquid saliva. Avoid foamy saliva or 'bubbles'. Tap the tube with the fingernail or tap on a hard surface to reduce bubbles. Insufficient saliva samples cannot be processed.
6. During the collection do not cough, clear your throat or collect mucous from the back of your throat into the collection tube.



Prior to Shipping

1. Once you have collected the sample, ensure that you screw the saliva cap on tightly to AVOID LEAKAGE IN TRANSIT.
2. Immediately after sample collection, complete the tube information by ensuring the details are noted clearly on the saliva tube (your name, date of birth, date of collection, collection time (including am or pm)).
3. Place the completed collection vial into the sealable section of the specimen transport bag and keep frozen until you are ready to send the samples back to the laboratory.
4. Please note that saliva samples will be sent to the laboratory at room temperature and are not required to be transported frozen.
5. Place the iScreen completed pathology request form in the non-sealable section of the specimen transport bag.
6. Place the specimen transport bag which contains the healthy pathology request form and the sample into the padded envelope provided.
7. Send your samples on the same day via a Royal Mail Post Box or Post Office.



Thank you for choosing i-screen.
Results will be released in your i-screen dashboard where ready.