



## Test Instructions

### Saliva Collection

## Before the saliva collection

**Please make sure** to only dispatch your samples to our laboratory on Mondays! If collected on another day, the samples can be frozen without any problem.

### General:

- Only conduct the saliva test on a day which matches the time schemes for the sample collection.
- We strongly advise patients with gum diseases and gingivitis against using a saliva test.
- Always make sure to thoroughly wash your hands when using hormone creams. Due to the sensitivity of the saliva test we advise wearing disposable gloves for the collection of the samples.
- Please pay attention to the following time requirements referring to the examination of the hormones DHEA, progesterone, estradiol, estrinol and testosterone.

Women	Collecting time
With regular menstruation	On the 19th - 21st day of the cycle (calculated from the first day of the menstruation)
With irregular menstruation	5 days before the expected menstruation
Without menstruation	Every day of the month
With contraceptives that determine a 21 day cycle with a 7 day pause.	In the first two weeks (calculated from the first day of taking the pill)
With contraceptives determine a long-term cycle	Every day of the month
Men	Every day of the month

### Two to five days before the collection:

- From now on please swallow all sublingual hormones such as drops, pastilles and so on directly – and do not allow to remain in the mouth under any circumstances.
- Please stop the use of any hormonal gels or creams 48 hours before the sample collection.

### **What to do, if there is a lack of or insufficient salivation?**

It often helps to drink a lot of water beforehand and during the collection period, or to imagine biting into a lemon, or ones favorite meal – but chewing on something is by no means allowed!

#### **12 to 24 hours before the collection:**

- Please refrain from the intake of all hormones, in the form of tablets and capsules, 12 hours before the collection of the samples (exception: contraceptive pill).
- No dental measures should be undertaken up to 24 hours beforehand.
- Please do not consume any alcohol as well as sour and very sugary food products from now on.
- The last consumption of animal products should be at least 12 hours before the saliva collection.

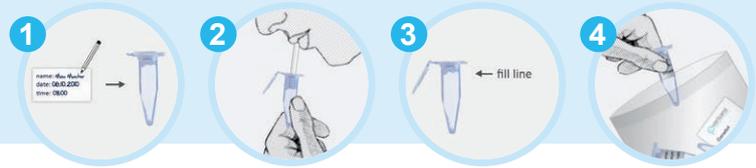
#### **On the day of the collection:**

- Please do not brush your teeth before collecting the saliva.
- Do not eat any chocolate, onions, garlic, or cruciferous vegetables such as cauliflower, broccoli, cabbage, as well as milk or egg products.
- If you are collecting the saliva over the day then please adopt to a vegetarian diet.
- Do not drink coffee, tea or other caffeinated beverages.
- Please do not smoke.

#### **During the last 60 minutes before the collection:**

- Please do not consume any more meals or liquids (apart from water); please do not consume any more milk products.
- Sublingual hormones are only to be used after a successful collection of the saliva.
- 10 minutes before the saliva collection the mouth should be thoroughly rinsed with water and be completely empty at least 5 minutes before the collection. This step may be ignored when collecting the sample at 2 am or when collecting directly after getting up.
- The mouth should not contain any leftovers from food or drink.

## During the saliva collection



1. Please label all the sample containers (Image 1) as well as the enclosed sample dispatch note with your first and last name, the date as well as the time of the saliva sample collection.
2. Please take one straw and the sample container out of the packaging. Put the straw in your mouth and use it to transport the saliva into the sample container (Image 2).
3. Fill the sample container at least half way (preferably  $\frac{3}{4}$ ), not including the foam (Image 3). If you have collected too much foam then lightly tap against the sample container so that the foam can separate itself from the saliva liquid.
4. Now close the lid of the sample container. Dispose the saliva tube in your household trash.
5. Leave the saliva sample stored in the refrigerator until dispatch. It is sufficient to put samples taken during the night (for sleep balance, melatonin deficiency) in the refrigerator the next morning.

## After the saliva collection

1. Check whether the sample has taken on a red colouring. If so, then this most likely is blood (for example due to bleeding gums), which would falsify the results. In this case, please dispose the sample, rinse the sample container with tap water and collect another sample (colourless) after 5 – 10 minutes.
2. Place the sample in the delivered protective bag (clear bag with blue border). Then place everything together with the enclosed sample dispatch note in the grey plastic envelope and seal it.
3. For shipping, please use a „Priority Mail Padded Flat Rate Envelope“. The envelopes are available for free. Put the sealed grey envelope into it and send it to the following address: **Brian Kalish c/o Verisana Laboratories, 818 N Quincy Street, Unit 806, Arlington VA 22203** You can either receive the „Priority Mail Padded Flat Rate Envelope“ at any US Postal Service Center, where you can also pay and dispatch your item. Alternatively, you can order the envelope online on USPS.com, where you can also pay and create the shipping label online. Print the label and put it on the envelope. You can then dispatch the envelope at your local post office or throw it into the next letter box.

**Please note:** In accordance with the general postal regulations the sender bears the legal responsibility.

## Daytime scheme for obtaining samples

Please use the following time schemes depicted below for the collection of the saliva sample. All samples are to be collected on the same day.

<b>Profile: Stress Balance, Stress Balance Plus, AdrenoCort, Diurnal Cortisol Test</b>	Saliva sample 1	Directly after waking up
	Saliva sample 2	30 minutes after waking up
	Saliva sample 3	1 hour after waking up
	Saliva sample 4	2 hours after waking up
	Saliva sample 5	5 hours after waking up
	Saliva sample 6	8 hours after waking up
	Saliva sample 7	12 hours after waking up
<b>Applicable for all other profiles</b>	Saliva sample 1	Directly after waking up
	Saliva sample 2	30 minutes after waking up
	Saliva sample 3	1 hour after waking up

# Specific instructions for the collection of saliva using the test kits for sleep balance and melatonin deficiency

For the collection of the samples please take note of the following guidelines:

- ➔ When having problems falling asleep or sleeping through the night, the exact moment of the sample collection is crucial. It is therefore preferable to collect the sample at 2:00 AM, as this is normally the time when the melatonin production is at its highest and when the cortisol production should be at its lowest.
- ➔ If possible, please collect the saliva sample on a week day, as the sleep patterns are normally different on weekends.
- ➔ It is also very important to collect the sample in the dark, this is because the light can manipulate the melatonin levels which may falsify results – therefore please refrain from turning on the light when collecting the sample. After collecting the sample the exposure to light no longer poses a threat.

**Sleep Balance & Melatonin deficiency**

Saliva sample 1

02:00:00 AM

We advise you that **we assume no liability for any disadvantages, costs or damages** arising from incorrect collection or shipping. Samples that arrive to our laboratory due to shipment on the wrong weekday, delays in shipping services, selection of incorrect shipment services or providers, or due to force majeure may not fulfill requirements for laboratory testing anymore and may therefore have to be retaken at the sole expense of the patient.

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