**General information:**

- **Discontinue hormones** (exception: birth control pill and thyroid medication)
  - 48 hours before sampling: sublingual hormones, hormone gels and creams
  - 12 hours before sampling: hormones in form of tablets or capsules
- **Diet:** from 12 hours before, avoid:
  - Wine, meat, milk and milk products, soy products, chocolate
- **Sport:** No sport on the day before and the sample collection day itself.
- **Saliva collection:** please collect the first three saliva samples before you have breakfast and brush your teeth.

**Collecting time:**

<table>
<thead>
<tr>
<th></th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>With regular menstruation</td>
<td>On the 19th - 21st day of the cycle (calculated from the first day of the menstruation)</td>
</tr>
<tr>
<td>With irregular menstruation</td>
<td>5 days before the expected menstruation</td>
</tr>
<tr>
<td>Without menstruation</td>
<td>Any day of the month</td>
</tr>
<tr>
<td>With contraceptives that determine a 21-day cycle with a 7-day pause.</td>
<td>In the first two weeks (calculated from the first day of taking the pill)</td>
</tr>
<tr>
<td>With contraceptives that determine a long-term cycle</td>
<td>Any day of the month</td>
</tr>
<tr>
<td>Men</td>
<td>Any day of the month</td>
</tr>
</tbody>
</table>

**Exception Diurnal Cortisol Test and Adrenal Fatigue Test:** Samples can be collected any day of the month
1. Label the sample container with your name, date and time.
2. Pour the saliva into the sample container. If you can't collect enough saliva in one go, you can repeat the collection several times within the morning time frame.
3. Fill sample container at least up to half (better ¾). When there is too much foam, tap the sample container lightly.
4. Place the sample in the protective bag.
5. Fill in all the information on both sides of the sample dispatch note and sign on the back. Remember to list all hormone supplements that you use.

**Time frame:**

Pour the saliva into the sample container. If you can't collect enough saliva in one go, you can repeat the collection several times within the morning time frame.

Place the sample in the protective bag.

Leave the saliva sample stored in the refrigerator or freezer until dispatch. If there is more than 1 day between sample collection and shipping, freeze it.

Fill in all the information on both sides of the sample dispatch note and sign on the back. Remember to list all hormone supplements that you use.

In case the sample was frozen for longer than 1 day, please write down that information (collected on/ frozen until) on the sample dispatch note, so we can determine the correct age of your sample.

Place the bag together with the enclosed sample dispatch note in the grey plastic envelope and send it back to our laboratory.

Only send the samples off on a Monday! In case you collected them any other day, freeze them until the next Monday and dispatch them then.