

Your kit contains:



1 protective bag with absorbent pad



3 sample containers, straws, labels







1 sample dispatch note



1 return envelope

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 sampling, avoid:
 - Wine, meat, milk and milk products, soy products, chocolate
-  **Sport:** No sport on the day before sampling.
-  **Saliva collection:** please collect all three saliva samples before you have breakfast and brush your teeth.



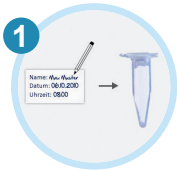
What to do, if there is a lack of or insufficient salivation?

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

Collecting time:

Women	
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	Any 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 that determine a long-term cycle	Any day of the month
Men	Any day of the month

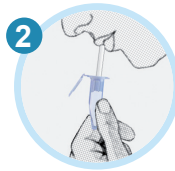
Exception cortisol-only test: Sample can be collected any day of the month



- Label all sample containers with your name, date and time.
- When using hormone creams use disposable gloves.



- Fill sample container at least up to half (better $\frac{3}{4}$). When there is too much foam, tap the sample container lightly.
- Check whether the sample has taken on a red coloring. If so, then this most likely is blood (for example due to bleeding gums), which would falsify the results. In this case, please dispose of the sample, rinse the sample container with tap water and collect another sample (colorless) after 5 – 10 minutes.



- Put a straw in your mouth and pour the saliva into the sample container.



- Place the samples 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 them.



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.

Time scheme:

Sample 1	Directly after waking up
Sample 2	30 minutes after waking up
Sample 3	1 hour after waking up

All samples must be collected on the same day!



- 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 samples were 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.