

Test Kit Instructions

New Lodge, Drift Road, Windsor, SL4 4RR Tel: +44(0)330 088 3030
Email: support@vivahealthlaboratories.com Website: vivahealthlabs.com

Viva Health
Laboratories

Instructions for Saliva Collection (ENDO)

This sample is a referral from Viva Health Laboratories to Doctor's Data Inc.

Please read the instructions carefully. It is recommended that the following measures are taken prior to collection:

- If testing melatonin, avoid all nuts, fruits, fruit juice, wine and rice **for 48 hours** prior to collection.

On the day of collection:

- **Do not** take any supplements until after you have collected all four samples.
- **Do not** consume food or drinks that contain caffeine.
- **Do not** eat or drink anything 1 hour prior to saliva collection.
- **Do not** brush, floss or have dental work done 30 minutes prior to saliva collection.
- **Do not** use "anti-aging" creams.

WOMEN & MEN ON HORMONES (oestrogen, progesterone, testosterone, DHEA)		
Topical Hormones (cream)	Last dose prior to collection should be within a window of 12-24 hours before collecting your first sample	Do not apply topical or use sublingual hormones throughout the entire day of saliva collection. This will contaminate your sample and your test results.
Sublingual Hormones or Troches (dissolved under tongue)	Last dose prior to collection should be within a window of 24-36 hours, followed by two full glasses of water to cleanse the tissues. Then collect your first sample.	
Oral Hormones (pills)	Should be used as prescribed on the day of collection.	
Injections, Subcutaneous Pellets and Transdermal Patches	Collect at the halfway point between doses.	

You will need:

- Insulated cooler with lid (Provided)
- Plastic bag containing 4 colour-coded saliva tubes and 4 straws (Provided)
- Sample request form (Provided)
- Ice pack (Provided)

Saliva collection instructions:

1. Start the collection of saliva when you wake. 10 minutes before each saliva collection, wash hands and rinse mouth with water.
 - a. The first saliva collection must be 30 minutes after awakening. Timing is critical. Set a timer if necessary.
 - b. The second saliva collection must be collected before lunch in the green tube (noon).
 - c. The third saliva collection must be collected before dinner in the orange tube (evening).
 - d. The final saliva collection must be collected right before bedtime in the blue tube (night).

Fill all four tubes regardless of how many tests are ordered. Each tube should be 3/4 full. Bubbles or foam are OK. Use of the included straws to funnel saliva into each tube is optional. Dispose of straws before shipping.

2. After each saliva collection:
 - a. Snap saliva tube closed tightly.
 - b. Record the date and times of the collection on the bag and on the request form.
 - c. Place saliva in freezer immediately. When all four tubes have been collected, place all tubes into plastic collection bag with absorbent material and keep in freezer with ice pack until ready to ship.

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Posting the sample:

1. Place the provided sample request form into the pocket of the clear sample bag.
2. Place the bag and ice pack into the white cardboard box and seal with the provided sticker.
3. Place the white box into the grey postal bag with return label and seal.

IMPORTANT NOTE

We cannot process samples without all patient details included above clearly written on the plastic collection bag. These MUST match the sample request form received with this sample.

If you have any further questions, please do not hesitate to contact us using the details in the header of this letter.