



Salivary Hormones:

1. Do not use hormones the night or morning of the test if you are taking any
2. If you are taking birth control pills please confirm with your physician that they want you to take the test anyway.
3. Women will collect saliva days 19-21 of cycle. Day one is the first day of your period. If you are post-menopausal any day is fine. Men too can collect on any day.
4. Collect specimen in the morning before breakfast, lunch, dinner and bed.
5. Each color of tube is for a specific time of day.
6. Complete requisition and include in box
7. Make sure all tubes are closed tightly so specimen does not leak.
8. Place tubes in box, use seal to close box.
9. Place specimen in freezer until mailed. Kit must be sent within 14 days of collection.
10. Ship kit with prepaid mailing label.