

## GETTING STARTED

Accurate test results start with a properly collected sample and correct paperwork.

Please review the specimen collection instructions thoroughly before you begin.

### To Avoid Specimen Rejections:

- Follow Collection Timing instructions and label each tube with the time the sample was taken.
- On the day of collection: **STRICTLY AVOID** caffeine, alcohol, tea, nicotine (smoking) unless told otherwise by your healthcare provider.
- During the **2 hours prior to each collection**: **DO NOT** eat, brush or floss your teeth or use mouthwash. You may drink water during this time.
- Before each collection, wash hands thoroughly with soap and water to avoid contamination.

### Hormone User Guide:

Continue to use all hormones as prescribed and instructed by your prescribing physician. You **DO NOT** need to stop current hormone medications prior to collection unless advised by your healthcare provider. Follow the chart below for optimal timing of collection:

HORMONE TYPE	COLLECT SAMPLE
Creams/gels/capsules	12-24 hours after last dose
Toche/sublingual	36 hours after last dose
Patches	24-48 hours after applying patch
Injection/Pellets	Midpoint between treatment

### Collection Timing:



☐ **COLLECT SAMPLE 1:**  
**Immediately** upon rising

☐ **COLLECT SAMPLE 2:**  
**30** minutes POST awakening

☐ **COLLECT SAMPLE 3:**  
**60** minutes POST awakening



☐ **COLLECT SAMPLE 4:**  
At approximately **12 noon**



☐ **COLLECT SAMPLE 5:**  
At approximately **4 PM**

☐ **COLLECT SAMPLE 6:**  
At approximately **9 PM**

All components of this kit are permitted for one-time use only. This kit is designed to be used under the guidance of a medical professional. If you have any questions regarding your collection please contact your ordering provider.



For additional collection instructions please scan the QR code or visit [www.usbiotek.com/specimen-collection](http://www.usbiotek.com/specimen-collection)

## STEP 1: PREP



1. Lay out all the contents of your kit.
2. Fill out the requisition form information, all patient information is required.
3. Write your name and date of birth and date of collection on all 6 of the labels
4. Suggestions: keep a pen with your samples to make writing in the time of collection easy immediately after collection.

## STEP 2: COLLECT



1. Wash your hands thoroughly to prevent contamination.
2. Unscrew the lid of the collection vial and hold it to your lips.
3. Tilt your head forward and allow the saliva to naturally pool insight our mouth.
4. Allow the saliva to passively collect into the vial until the saliva fills to the top of the collection tube. **DO NOT** cough, clear your throat, or collect mucus from the back of your throat during collection.
  - Tap the tube with a fingernail or tab the bottom of the tube onto a hard surface to avoid foamy saliva or 'bubbles'.
5. Once your sample is full to the top without bubbles, tightly screw the cap back onto the collection tube to avoid leakage in transit.
6. Immediately after placing the cap onto the tube. **Write the time of collection onto your specimen label** and attach it around the tube and place the tube into the biohazard bag.

**Repeat step 2 for each of the 6 sample collections.**

## STEP 5: PACKAGE AND SHIP



1. Ensure all tubes are properly labeled with all patient and sample information filled out, and have been sealed inside the biohazard bag.
2. Fold the requisition form and place it inside the pocket on the outside of the biohazard bag. Note this pocket does not close.
3. Place the biohazard bag back into the kit box, and then place the kit box inside the prepaid shipping bag.
4. Freeze the completed collection kit until ready to ship, preferably the morning following your collection day.