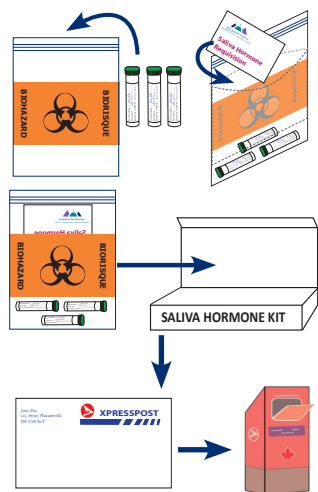


Sending Your Sample



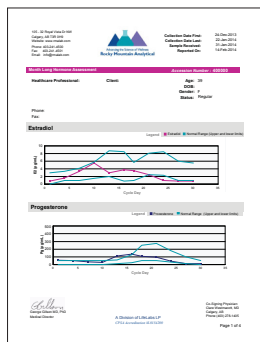
Seal the saliva samples in the resealable biohazard bag, and put the requisition in the pouch at the back of the bag.

Place the packaged saliva sample back into the kit box, close the box and put the it into the prepaid return mailer.

Seal the flap of the prepaid return mailer and write your return address (including postal code) in the top left hand corner.

Drop the addressed prepaid return mailer into any Canada Post mailbox.

Getting Results - Sample report as shown



Results will be sent to your healthcare professional approximately seven (7) to ten (10) days after your sample has been received by Rocky Mountain Analytical. Note that the sample may take several days to arrive at the lab.

Please contact your healthcare professional if you have questions regarding your results.

Note: Rocky Mountain Analytical staff do not discuss test results with patients.

Patient Privacy

Privacy Statement: Your healthcare professional's stamp or signature on the requisition is our legal authority for analyzing your saliva sample. The personal information you provide is necessary for us to provide a thorough analysis. This information will be stored confidentially and used only for the purpose of analyzing your specimen. Some aggregate data may be used for research purposes. If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical. info@rmalab.com | P: 403-241-4500 | F: 403-241-4501



Month-long Hormone Collection Instructions

Important: Read all instructions prior to collecting saliva

Before You Begin

- Make sure you collect all eleven (11) tubes and keep going, even if bleeding starts before the 11th tube
- Check contents of the kit. If anything is missing, please contact your healthcare professional.



Kit Contents

- Requisition form
- Collection instructions
- 11 x Green-top collection tubes in resealable biohazard bag containing absorbent material**
- Prepaid return mailer

****Important** Absorbent material must remain in the resealable biohazard bag. Do not put absorbent material in mouth or collection tube. Collection tube is for saliva only.

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How to Prepare

A Month-Long Hormone Assessment is designed to measure endogenous hormone levels recommended only for women who are not supplementing with hormones. Cycling women using birth control may still submit samples, however E2 and/or Pg levels may be affected depending on the type of birth control. Consult with your healthcare professional if you are unsure of hormone therapies.

Collect all saliva samples during the first (1) hour after waking.

Do not eat, brush or floss your teeth or drink anything other than water before collecting saliva sample. Do not drink or sip water during collection.

To avoid falsely high cortisol levels stop using hydrocortisone cream for at least five (5) days before and during collection. Check with your healthcare professional before discontinuing any medications.

The first sample is collected during the first 1 hour of after waking on the first day of menstrual bleeding. Then skip two (2) days and collect the next sample on the third day. Continue collecting on every third (3) day as shown in the calendar. Make sure you collect all eleven (11) samples even if menstrual bleeding begins again before the 11th tube is collected.

| | | | | | |
|---|---|----|---|---|----|
| 1 | | | 2 | | 3 |
| | | 4 | | 5 | |
| | 6 | | | 7 | |
| 8 | | | 9 | | 10 |
| | | 11 | | | |

Lab Requisition

Check your requisition to ensure it includes your healthcare professional's signature and bar code label. If either are missing please contact your healthcare professional before sending us your sample.

Complete your requisition with the following:

- Legal name (first and last), address, telephone number(s) **Important: The name on your sample(s) and your requisition MUST match exactly**
- Date of Birth (yyyy-mm-dd)
- Gender, height, weight, hip and waist measurements
- Cycle information
- Date and time of collection (yyyy-mm-dd)
- All medication and supplements you are using as they may affect test results. *Hormone creams used by spouse or partner are important to note.*

Sample Labeling

Use permanent ink ball point pens as other inks are water soluble (e.g. roller ball ink) and may wash off containers or smear.

Complete sample label with the following:

- Legal name (first and last) **Important: The name on your sample(s) and your requisition MUST match exactly**
- Date of birth (yyyy-mm-dd)
- Date and time of collection (yyyy-mm-dd)

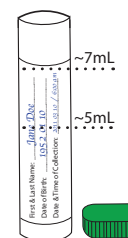
Sample Collection



1. Wash your hands thoroughly before beginning your collection.

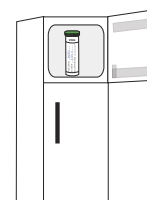


2. When collecting saliva in collection tube(s), if you have difficulty collecting saliva, gently press the tip of your tongue against your teeth or suck on a button. Do not chew gum or sip water while collecting saliva.



3. Label the green-top tube containing your first sample with #1 and other information (see Sample Labelling). Spit into the morning tube until at least three (3) mL of saliva (excluding bubbles) has been collected.

Repeat step 3 for each subsequent sample collection numbering the tubes #2, #3, #4 up to #11. If you miss a day in the collection cycle, then collect the following day and resume the calendar schedule.



4. Firmly screw the lids on each tube as it is collected and place upright in the the freezer immediately after filling until ready to mail. Ship samples as soon as possible after final collection and note the ship date on the requisition.