

Step 3:

Returning The Samples To The Laboratory

Samples must be returned to Genova Diagnostics by overnight delivery to arrive next day.

For UK mainland patients only: Genova Diagnostics recommends using the enclosed courier collection service, or alternative e.g.: Royal Mail, Special Delivery. The mailing envelope is not pre-paid.

For patients outside of the UK: please arrange an international courier such as FedEx, DHL, UPS.

Please note: the laboratory is closed at weekends. Samples should not be in transit over the weekend; please arrange for the samples to be sent overnight and to arrive no later than Friday.

- Plan to return the samples **Monday – Thursday by overnight delivery only.**
- If samples are completed on a Friday - Sunday, please keep them frozen until Monday and return them on Monday for Tuesday.
- Make sure the collection tubes are tightly closed and identified with completed labels. Failure to complete the labels correctly will result in the samples being rejected.
- Put the tubes in the biohazard bag with absorbent paper and seal it securely.
- Place the biohazard bag in the silver pouch with the frozen freezer brick.
- Place the sealed silver pouch inside the mailing envelope with your completed and signed requisition form.
- Seal the envelope.
- Once posting/couriering of samples has been arranged, keep any tracking numbers issued by the courier / Royal Mail for future reference.

Rhythm™

Patient Instructions for Saliva Collection

This Kit also used for:
Rhythm Plus END11



Check Your Kit

- A - 12 Saliva collection tubes
- B - 12 Labels, numbered 1-12
- C - 1 Biohazard bag with absorbent paper
- D - 1 Gel freezer brick
- E - 1 Silver pouch
- F - 1 Requisition (to be completed and signed)
- G - 1 Mailing envelope

- If any of the items are missing or expired, call the laboratory on 020 8336 7750.
- The appearance of the above kit components are for illustration use only and actual contents may vary slightly from that shown.

Step 1:

Important things to know and consider

- **Transdermal (cream) and sublingual bio-identical hormones may produce artificially high levels in the saliva that do not correlate with blood levels. This increase from cream hormones may last for weeks to months after discontinuing use. If you are taking these substances – or have taken them within the last 12 months – or are taking birth control or synthetic hormones - please consult with your healthcare practitioner before taking this test.**
- The following **drugs, herbs and dietary supplements may influence levels of hormones reported** in this test: melatonin (at doses greater than 5 mg), ketoconazole, cimetidine (Tagamet), anastrozole (Arimidex), letrozole (Femara), exemestane (Aromasin), digoxin, antiepileptics, Chrysin, Apigenin, and Tribulus terrestris. *Let your physician know about these and any other medications, herbs, and supplements that you have used in the past 3 months.* Do not change use of supplements or medications unless instructed to do so by your healthcare provider.
- Avoid alcohol for 12 hours prior to collecting each sample.

Schedule and prepare for your saliva collection

- Bleeding gums may impact results; please consult with your clinician.
- Your **collection schedule is based on the first day of your menstrual cycle** (the day menstrual flow begins). It is important that you collect the saliva sample during the specified time frame. Please refer to the enclosed Collection Schedule to be followed over the course of one full menstrual cycle.
- **One hour prior to collection of each sample:** do not eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco products. *You may drink ONLY water during this time.*
- If you make a mistake or need to restart collecting the samples, please rinse the tube(s) with water only, and allow them to dry naturally.

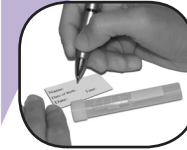
Schedule and prepare for your saliva collection

- **Before returning the samples:** Place gel freezer brick in the freezer. It must be frozen for a minimum of 4 hours.
- Samples must be frozen for at least 2 hours prior to returning. Please note: if the final sample is completed Friday-Sunday, keep all the samples stored frozen until Monday for returning to the laboratory by overnight delivery.
- **Complete the requisition form** with all patient and payment information. Be sure it is signed by the patient/ responsible party in the box labelled "Final Sample Date / Time."
- Complete the Collection Schedule and Questions enclosed with the test kit.

Step 2:

Collecting your saliva specimens

Not following these instructions may affect your test results.



- 1 Write your full name (first and last), date of birth, time and date of collection** on label #1 using a ballpoint pen or pencil only. Attach the label to a collection tube.



- 2 When ready to collect the saliva, rinse your mouth with drinking water.** Spit out and discard the water completely, and do not cough or clear your throat into the collection tube.



- 3 Fill the collection tube until liquid saliva level reaches the 3-ml mark.** To reduce a foamy saliva collection, tap the tube on a hard surface. Insufficient saliva samples cannot be processed.



- 4 Replace the cap tightly to avoid leakage. Place the filled tube into the biohazard bag and freeze immediately.** Each tube should be frozen for a minimum of 2 hours prior to returning. Keep samples frozen until ready to return them to the laboratory.

- Repeat steps 1-4 for each collection, using the labels numbered 2 and 3, etc., in order.

Consult your healthcare provider if you have any questions at any time during this test.