
Salivary Panel Instructions

Last updated 07/2020

Essential Reminders:

- **Please read through the instruction packet thoroughly at least 48hrs PRIOR to starting the testing, if the test is completed improperly with inaccurate results the lab will require secondary payment to redo the testing.**
- Please don't brush your teeth, eat or drink anything but H2O an hour before each sample. (including the 30min before sample 1)
- Make sure to fill out the bag with your information and each time of collection as well as on the requisition.
- If this is an adrenal profile, please do not consume alcohol or caffeine the night before or the day of testing.
- If your tests includes the hormone Progesterone (This test may have been included if you are female and have a menstrual cycle), please take your test day 19, 20 or 21 of your cycle (day 1 of your period = day 1 of your cycle). ***If you are male, if you are female but are not testing progesterone, or if you are female and do not have a menstrual cycle, this is not relevant. If you are testing the adrenals/cortisol levels only, this is not relevant to you.*
- Any hormone prescriptions you are on should not be taken within the 12hrs prior to your first spit sample, or on the day of the test.
- Freeze samples and ice pack overnight after last sample is complete- keep frozen until pickup.
- **MUST BE PICKED UP-** they will not accept at FedEx locations and please do not use a drop-box.

These tests results will take a full 2 weeks to process before the results will be available.

It is YOUR responsibility to schedule an appointment in anticipation of these results. Our office will not automatically contact you when the results are in to schedule an appointment.

General Instruction Notes

- The complete instructions are inside the test kit! Please read them thoroughly.
- Each tube is color-coded to the time of day, indicated on the bag holding the tubes.
- Be sure to fill out the DATE of collection as well as the TIME of collection of each sample *both* on the REQUISITION and the BAG.
 - Each tube must be ¾ of the way full!!! Bubbles ARE acceptable. :)
 - The first sample must be 30 minutes after waking up, and you CANNOT eat, drink (except for water) or brush your teeth prior to the sample.
 - Each additional sample must also be at least an hour away from eating. In other words: you cannot eat or drink anything but water for at least 60 minutes prior to giving each saliva sample.
 - If you are doing an adrenal panel or including cortisol levels in your test, you CANNOT have any caffeine OR alcohol the night before the test or the day of the test.
 - This includes oral, topical or inhaled steroid medications. Ask your doctor if applicable to check on your specific situation.
 - If you are currently taking hormones (progesterone cream, bio-identical hormone cream, etc.), make sure you are hormone-free for a full 12 hours PRIOR to the time of the first sample, and throughout the rest of the cycles. If your doctor gives you additional instructions here, please follow them instead.
 - If you cannot send the filled tubes the day after they are completed, you must FREEZE the samples, CHECK OFF the box that says the samples were frozen, and send them as soon as you can.

Double-check to ensure that you filled out ALL the relevant patient information before sending in your samples. Failing to sign, label or date any aspect of the testing requisition or samples themselves may result in delay or even non-completion of your test results.