

SPECIAL INSTRUCTIONS

For Saliva Testing

Please READ carefully and follow precisely.

STOP any bioidentical hormone for 3 full days before starting any saliva test.

The following instructions are needed because even the smallest amount of occult (hidden) blood will interfere with the pituitary hormone (FSH & LH) part of the test. It will not interfere with any other parts of the test.

TO HELP ELIMINATE OCCULT BLOOD IN THE SALIVA SAMPLE:

1. Do not brush your teeth within 5 hours of taking the saliva sample.
2. Do not floss within 5 hours of taking the saliva sample or preferably do not floss at all during the month of the test.
3. The expanded saliva test instructions will direct you to rinse your mouth with cold water 3-5 minutes before taking the sample. Instead, use ice water and swish it around your mouth thoroughly.
4. If you tend to have pink toothbrush or bleeding gums, or if you bruise easily, inform us and you will be directed to take a supplement that addresses these problems.

We have found that without taking the above measures, even with patients who do not have obvious gum bleeding problems, we lose the pituitary hormones about half the time. These hormones are a very important part of the test.

Important: Write your first initial and last name and birth date on each tube. Fill out *all* information on the enclosed form. The lab cannot process your test without this being done properly. You do not need to fill out the payment section. You have already paid for this test and the lab knows to bill us. Tape box securely and mail. Postage is pre-paid.

Please call us if you have any questions.