Specimen Collection Instructions

Accurate Diagnostic Services
1910 Drew St. Clearwater, Florida 33765
Phone: 727-443-4524
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Accurate Diagnostic Services is a testing laboratory and cannot diagnose, prescribe or make treatment recommendations to patients.

All diagnostic tests must be ordered by a physician doctor. The results of that testing may only be given to a physician. If you wish to know, or receive a copy, of your results please contact the physician who ordered your tests.

Customer Service - if you have any questions about our Saliva Hormone Panel please call 727-443-4524, 12:00 pm - 5:00 pm, Monday - Friday.

We will be adding additional tests in the near future so make sure you’re on our mailing list to receive updates.

VERY IMPORTANT!

Each step of the saliva collection procedure is necessary to prevent bacterial growth in, and contamination of, the sample. Both of these factors can negatively influence the test results.

To insure that you follow the collection procedure properly, please read these instructions TWICE, all the way through, before starting the collection procedure.

Make sure that you DO NOT skip ANY of the preparation steps for collecting your sample or the results will be inaccurate.

Additional Tests

It’s easy to see when there’s something that needs attention on the outside of the body, but that’s not the case with the ‘inside’ of it. This is why tests were invented. To be able to find out what’s going on inside.

Many people who have had some serious problem have never gotten any type of yearly physicals. They only went to the doctor when something was really wrong, and sometimes it was too late by then.

Early detection of internal conditions can not only save you time and money, it can save your life. Therefore there are a few other tests one should be doing.

Breast examination - female - every female should do a self examination after each period. She should check for abnormal tenderness, swelling, lumps.

Bone density - male and female - osteoporosis is caused by a deficiency of progesterone and estrogen in females, and progesterone and testosterone in males. After the age of 35 both should have a bone density tests once a year.

Pap test - females - every female using HRT should have a PAP smear once a year to monitor the cervix. The PAP can detect abnormal cell growth that can be considered pre-cancerous.

Ultrasound - female - should be performed once a year to monitor breast, chest wall and lymph node tissue. The ultra sound should be performed on the breast tissue, the lymph nodes under the arm, the uterus and the lymph nodes in the groin area.

Ultrasound - male - should be performed once a year to monitor chest and lymph node tissue. The ultra sound should be performed on the chest, the lymph nodes under both arms, and the lymph nodes in the groin area.

PSA - male - PSA (Prostate Specific Antigens) test once a year.

Chest, prostate and testicle examination - male - the prostate should be checked for swelling and the chest and testicles checked for abnormal lumps or tenderness once a year.
Hormone Testing

General Saliva Testing Information

- **YOUR SALIVA COLLECTION KIT** contains; 1 small zip loc bag with 1 collection tube (the collection tube has a tiny amount of preservative in the bottom so be careful not to empty it out when opening it) with a blank information sticker on it, 1 Patient Information form and 1 express envelope with a postage paid, over night sticker on it. This is enough for one person to collect a saliva sample. If there is more than one person collecting samples in your group call Accurate Diagnostic Services (800-203-9668) and we will include the appropriate amount of collection materials for each.

- **DO NOT RUSH** the collection procedure. Make sure to read these instructions TWICE before collecting your sample. If you have any questions call Accurate Diagnostic Services (800-203-9668) before proceeding.

- The **FLOW RATE** of your saliva is VERY important to the test. If it's too fast there will be less hormones in it. Alcohol speeds up flow rate and dilutes the sample. Therefore, **DO NOT** drink anything containing alcohol within 24 hours of taking your sample.

- Salt, on the other hand, greatly slows flow rate and will concentrate hormones and give a false high. Therefore, **DO NOT** eat heavily salted foods, such as salted peanuts, popcorn, potato chips, Chinese food, anything with monosodium glutamate or nitrates (such as processed meat products), etc. the day before taking your saliva sample. These foods will cause your mouth to be very dry and slow your saliva flow rate the next day.

- The **BACTERIA** in saliva interferes with testing and negatively effects the results. The amount of bacteria in the mouth differs from person to person depending on their oral hygiene. The less a person brushes and flosses the greater the amount of bacteria in the mouth. To minimize the bacteria in your sample you will need to carry out the disinfection procedure. **THIS IS THE MOST IMPORTANT STEP IN THE COLLECTION PROCEDURE AND IS NOT OPTIONAL.**

- **DO NOT** eat or drink anything containing **SOY** within 48 hours of collecting your sample, such as; soy isoflavons, phyto-estrogens, soy milk, tofu, tempeh, miso, soy sauce, soy beans, soy protein drinks, products made from textured soy protein, soy flower, soy bean oil, etc. The tiny molecules in soy will negatively effect the results.

- **DO NOT** ingest any kind of **HERBAL** products (food herbs are alright) within 48 hours of collecting your sample, especially; Wild Yam, Black or Blue cohosh, Dong qui, Damiana, Chaste Tree Berries (Vitex), Red Raspberry Leaf, Ginseng, Saw Palmetto, Yohimbe, Pygeum, or any other ‘male’ or ‘female’ herbs or herb blends. The tiny molecules in the herbs will negatively effect the results.

- Rinse your mouth with water **TWO** times for a full 30 seconds.

- After rinsing wait exactly **10** minutes before starting to collect your saliva.

- **NEVER** touch the rim of the collection tube with anything but your mouth.

- Take the tube out of the zip loc bag. Before opening it, hold it by the cap and gently tap it on a hard surface to ensure all the preservative is on the bottom. Make sure the collection tube is **UP RIGHT** when opening it so as to avoid emptying the preservative out. Without it the sample will be of no use.

- At least **3/4** of the saliva in the collection tube needs to be **CLEAR** (free from white bubbles). This could take a few minutes as it’s a large tube. The saliva that comes from the gland under your tongue is the best saliva for the test, so you can suck on that area with your mouth to produce more clear saliva. Keep saving up the saliva from under your tongue and, adding it to the collection tube. If there are a lot of bubbles in your sample, close the collection tube and tap the bottom of it on a hard surface. This will break up some of the bubbles.

- After your first collection, while you are saving up saliva in your mouth, put the cap back on the collection tube, and, holding the cap, gently shake the saliva to dissolve the preservative in the bottom. Do this after each collection while you are saving up more saliva.

- Fill the saliva collection tube to the **5 ml** line toward the top. Once it’s full, put the cap on tightly and shake it one last time, turning it up side down, then right side up, to mix the preservative throughout the saliva.

- After putting the cap on tightly. Turn it upside down to see if the cap is on securely. If it leaks the cap is not on tight enough. Tighten it and dry the outside of the tube, put the back into the zip lock bag and reseal it.

- Put the tube and the Patient Information form in the small bubble envelope with the return postage sticker that says **ACCURATE DIAGNOSTIC SERVICES** on it.

- If you are going to have UPS come and collect it, call them first thing in the morning and arrange a pick-up. If you are going to drop it in a UPS drop box it has to be there by 5:00 PM.

- If you are getting your package to UPD through your place of business, take it to the postage area first thing upon your arrival.
• DO NOT have DENTAL WORK within 24 hours of collecting your sample. This can allow blood to enter the saliva and interfere with the test.

• It’s important not to contaminate your saliva sample with any external hormones, such as; creams, pills, capsules, sublinguals, sprays, lozenges or suppositories. When you apply creams containing hormones, you will touch those areas and touch things around your home, car work place etc. This will leave residual hormones whatever you touch. To avoid contaminating your saliva with external hormones, make sure to wash your face and hands (including your lips) before taking your sample. Use a clean towel to dry with and make sure not to touch your lips or the rim of the collection kit after washing. Contamination your sample will show as a false high on the results.

Preparing to Collect Your Saliva Sample

• FOR TWO NIGHTS before collecting your sample, before bed, first, floss your teeth well, then brush them well, then rinse your mouth for a FULL 60 seconds with a good amount of hydrogen peroxide. After rinsing with the peroxide, rinse with water until the peroxide stops foaming. DO NOT use any type of mouth wash other than hydrogen peroxide. Mouth washes contain alcohol which will increase your flow rate and interfere with the test.

• Be sure to repeat this process the NIGHT BEFORE collecting your sample.

• The night before collecting your sample, fill out the PATIENT INFORMATION form and the sticker on the collection tube. All information must be filled in on this sticker. Put it in the over night bubble envelope and put the collection kit next to your bed. This will remind you to collect your sample first thing in the morning.

Collecting Your Saliva Sample

• Collect your saliva sample FIRST THING in the morning.

• DO NOT brush your teeth, eat or drink anything, or use any products containing hormones before collecting your sample.

• Upon waking, and before collecting your sample, take the collection kit to a sink that you DO NOT wash your hands in after using any type of hormone replacement product. Wash your face and hands with soap and water. Use a clean towel to dry them.

• Use a clean glass to rinse your mouth. Do not use your hands to put water into your mouth. If there are any hormones on your hands you will transfer them to your lips and then contaminate the sample.

Sample Collection Checklist

Put a check next to each item on the list as you complete it. All items must be completed.

_____ Read these instructions twice before beginning the collection preparation.

_____ 48 hours before collecting your saliva sample do not eat or drink anything with soy in it, or take any herbs or herbal preparations.

_____ Do not have dental work within 24 hours of collecting your saliva sample.

_____ Do not drink anything containing alcohol within 24 hours of taking your saliva sample.

_____ Do not eat salty foods the night before taking your saliva sample

_____ Two nights before collection, floss your teeth well, then brush them well, then rinse for 60 seconds with hydrogen peroxide, then rinse well with water.

_____ Repeat the above process the night before collecting your saliva sample.

_____ Fill in the patient Information form and the sticker on the collection tube.

_____ Do not eat, drink, or brush your teeth before collecting your sample.

_____ Wash your face and hands, and dry them with a clean towel.

_____ Do not touch your mouth after you wash your face and hands.

_____ Never touch the rim of the collection tube with anything but your mouth at any time.

_____ Use a clean glass to rinse your mouth with the morning you collect your saliva sample.

_____ Rinse your mouth two times for a full 30 seconds.

_____ Wait exactly 10 minutes after rinsing to start collecting your sample.

_____ Keep the collection tube upright when opening it.

_____ Gather saliva from under your tongue.

_____ Mix preservative and saliva after each saliva addition.

_____ Fill the collection tube to the 5 mil. mark at the top of the tube.

_____ Put it back into the zip lock bag and put it into the envelope with the prepaid, over night, return sticker on it.

_____ Take the saliva sample to a UPS drop box or call them first thing in the morning for a pick-up at your home or place of business.