

Step 3:

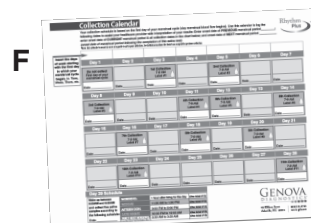
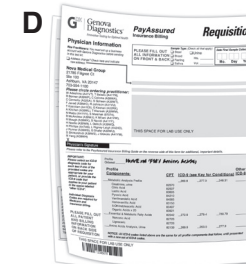
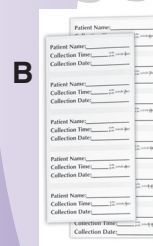
Ship the saliva specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Please refer to the shipping instruction insert found in your kit box.

Rhythm™

IS-583

Patient Instructions for Saliva Collection



Check Your Kit

- A - 11 Collection tubes
- B - 11 Labels, numbered 1-11 in red
- C - 1 Biohazard bag with absorbent pad
- D - 1 Requisition (to be completed & signed)
- E - 1 Prepaid mailing envelope
- F - Collection Calendar

- If any items are missing or expired, call Client Services at 800.522.4762, then press 1
- Keep the kit box for shipping your specimen to the lab.

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 – 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.

Schedule and prepare for your saliva collection

- Your **collection schedule is based on the first day of your menstrual cycle** (the day menstrual blood flow begins). If you are not experiencing periods, you may start on any day. You may find it helpful to **use the enclosed collection calendar** to remind you of collection dates.
- It is important that you **collect saliva during the specified time frame.**
- **If you have difficulty producing enough saliva for the tube,** press the tip of your tongue to the roof of your mouth against your teeth. Yawning can also generate saliva.
- **One hour prior to collection** 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.*
- **Refer to the shipping instruction insert for specimen shipment instructions.** *Sample MUST be stored frozen at least 2 hours before shipping.*
- **Complete the requisition form** with all patient and billing information. Be sure it is signed by the patient/responsible party and the healthcare provider.

Saliva Collection Schedule: Keep this nearby for the next 28 days!

Collect your saliva during the specified time frame each day:	DAY 1:	Count from this day (<i>the first day of your menstrual cycle</i>). Do not collect on this day.	
	DAY 2:	No collection on this day	
	DAYS 3, 5, 8, 11, 12, 14, 16, 18, 20, 23, 28:	7:00 AM to 9:00 AM	(Use labels #1, 2, 3, #4, 5, 6, 7, #8, 9, 10, 11)

Step 2:

Collecting your saliva specimens

Not following these instructions may affect your test results.



- 1** Write your full name, 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 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.** Samples must be frozen a minimum of 2 hours prior to shipping. Keep sample frozen until ready to ship.

- Repeat steps 1-4 for each collection, using the labels numbered 2 and 3, etc., in order. You may find it helpful to use the enclosed collection calendar to remind you of collection dates.

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