

Guidelines for Men and Women on Hormones

Topical Hormones (Cream or Gel)	Do not apply any topical hormones throughout the day of saliva collection. Collect saliva 12-24 hours after the last dose.
Sublingual Hormones or Troches (Dissolved under Tongue)	Do not use any sublingual hormones throughout the day of saliva collection. Collect saliva 12-24 hours after the last dose.
Oral Hormones (Pills)	If taking Progesterone: Collect saliva 6-10 hours after the last dose. For all other hormones: Collect saliva 12-24 hours after the last dose.
Injections and Pellets	The recommended dosage interval is mid regimen.
Transdermal Patches	Collect saliva 1-2 days after applying the patch.
Cortisol Supplementation	Consult with your Provider for instructions if you are taking cortisol supplementation for adrenal support. When testing cortisol (For baseline adrenal function), Stop using cortisol containing products 5 days prior to saliva collection.

Mail the sample

Place the bag with saliva tube(s) and completed test requisition form into the test kit box. Insert the box in the return mailing envelope, seal it, place postage and mail it.

Questions?

Please contact us at
(800) 215-8898 OR
info@ayumetrix.com

www.ayumetrix.com

Send completed test kits to:

AYUMETRIX
17387 63RD AVE
LAKE OSWEGO, OR 97035

SALIVA SPECIMEN COLLECTION



AYUMETRIX
Reinventing Diagnostics

Kit includes:

- Saliva collection tube(s)
- Ziplock bag
- Test requisition form
- Return envelope

PLEASE WATCH SALIVA COLLECTION VIDEO AT WWW.AYUMETRIX.COM

- Not all tests require multiple samples. For most tests you may only need to collect one morning sample.
- If testing Cx2, collect two samples (morning and night)
- If testing Cx4, collect all four samples on the same day (morning, noon, evening, night)

Collect all four samples on the same day

Sample 1 Upon awakening (within 30 minutes)

Sample 3 Evening (4 pm)

Sample 2 At Noon (Mid-Day)

Sample 4 At Bedtime (around 9 pm)

IMPORTANT: Do NOT eat, drink (except water), or brush teeth for at least 30 minutes prior to collection.
Do not use lip products the day of collection.



1. Rinse your mouth with water about 5 minutes prior to collection. Open the kit and retrieve ONLY one collection tube. Unscrew the cap on the collection tube and start collecting saliva.



2. Close your mouth and imagine eating your favorite food. Tilt your head forward and with your tongue, push the saliva down into the collection tube. Continue until the tube is filled at least three fourth with saliva (not the bubbles).



3. When done, cap the tube. Make sure the cap is screwed on completely. Mark your name, the sample collection date and time on the space provided on the sample collection tube. Place the saliva sample inside the provided ziplock bag, close the bag tightly and store in the freezer until mailed.



4. Repeat steps 1- 3 for additional noon, evening and night collection if needed.
5. When ready to mail, place the bag with saliva tube(s) and completed test requisition form into the test kit box.

DO'S

Only open the bag when you are ready to collect a sample.

Only withdraw one tube you are about to collect saliva into.

After collecting the sample, immediately fill the information in the label on the collection tube and store the sample in the freezer.

DON'T'S

Do NOT drink alcoholic beverages on the day you collect your samples.

Do NOT smoke or use tobacco, drink anything, or brush your teeth 30 minutes before you collect a sample.

Do NOT consume dairy products, acidic or sugary foods within 30 minutes before you collect a sample.

Do NOT eat a meal within 60 minutes before collecting #3 and #4 sample.

Guidelines for Women (NOT ON HORMONES)

Women with regular menstrual cycles

Collect saliva between 19- 21 day of cycle counting the first day of your period as day 1

Women with irregular menstrual cycles

Collect saliva when not bleeding

Post-Menopausal Women OR

Collect saliva any day of the month

Women who have had hysterectomy

Guidelines for Men (NOT ON HORMONES)

Men not on hormone supplements

Collect saliva any day of the month