

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. Not following these instructions may result in a shipping charge.

- Plan to ship the specimen **Monday – Friday overnight delivery only**.
- Call 1.800.GoFedEx (1.800.463.3339) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package.” Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- **Seal all frozen saliva tubes and the pad in the biohazard bag** and place it in the clear plastic box.
- Place your **completed and signed requisition form** on top of the biohazard bag and close plastic box. *Do NOT staple or tape box.*
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. *DO NOT mark or write in any other sections.*
- Put the kit box into the prepaid mailing envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.



Comprehensive Melatonin Profile

IS-579

Patient Collection Instructions



Check Your Kit

- A - 3 Collection tubes
- B - 3 Labels, numbered 1-3 in red
- C - 1 Biohazard bag with absorbent pad
- D - 1 Requisition (to be completed and signed)
- E - 1 Prepaid mailing envelope

- 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

- Let your physician know about any **medications, herbs, and other supplements** 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

- 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.*
- **Contact FedEx and schedule to ship the specimen overnight delivery** Monday - Friday. *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 day!

Collect your saliva during the specified time frame:

MORNING:	7:00 AM to 9:00 AM	(Use label #1)
AFTERNOON:	3:00 PM to 5:00 PM	(Use label #2)
EARLY NEXT MORNING:	2:30 AM to 3:30 AM	(Use label #3)

- **Tip:** Before you go to sleep on collection day, place your collection tube (with a completed label) at your bedside, along with a glass of water and a low level light. **Do not turn on a bright light, it will cause your melatonin level to drop.**

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 samples frozen until ready to ship.

- Repeat steps 1-4 for each collection, using the labels numbered 2 and 3, etc., in order.

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