

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 the frozen saliva tube 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.



Menopause
Check

TM

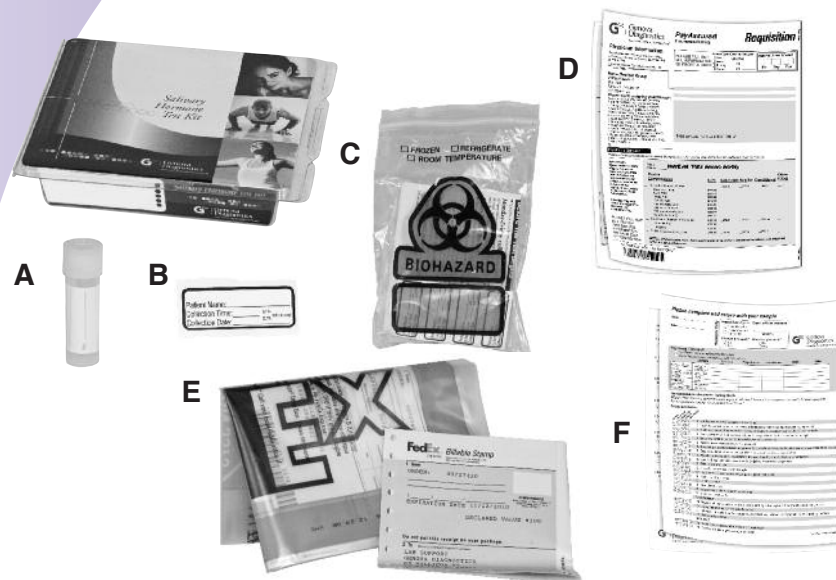


Menopause
Check Plus

TM

IS-1077

Patient Collection Instructions



Check Your Kit

- | | |
|---|---|
| A - 1 Collection tube | D - 1 Requisition (to be completed and signed) |
| B - 1 Label | E - 1 Prepaid mailing envelope |
| C - 1 Biohazard bag with absorbent pad | F - 1 Questionnaire (to be completed and returned) |

- 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), Chrysin, Apigenin, Tribulus terrestris, clomiphene, antiepileptics, digoxin, and oral steroids (e.g. Prednisone). *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

- It is important that you **collect saliva during the specified time frame.** Collect saliva gradually over the 2-hour collection period. For example, spitting approximately every half hour until the collection tube is full.
- **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:

Gradually collect a total of one saliva sample between 7:00 AM and 9:00 AM.

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 the label 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.** Sample must be frozen a minimum of 2 hours prior to shipping. Keep sample frozen until ready to ship.

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