

Hormone Saliva Kit Information & Collection Instructions

Dr. Poppy tests hormones and adrenal function through saliva. We have two different types of saliva hormone testing kits offered in our office. Saliva Kits through **ZRT Laboratory** are for patients who are already on a sublingual form of hormones. Saliva Kits through **Diagnostechs** are for patients who are not currently on any form of hormones or who are on an oral, vaginal suppository, or vaginal/topical form of hormone therapy. Patients who are currently on hormones in any other form than those previously listed should discuss testing with Dr. Poppy prior to purchasing a test kit.

ZRT Saliva Hormone Kits can be picked up in office and cost \$200 up front paid directly to our office. **Diagnostech Hormone Kits** can be picked up in the office and cost \$175, but that payment is made directly to the company when you mail in your test kit from home. We can mail either saliva kit directly to you if you are not located in the Southwest Missouri region for an additional \$10 shipping fee.

- For patients currently having menstrual cycles the saliva test is to be taken on cycle day 20. The first day of your period is considered cycle day 1, then count down to day 20 (cycle day 1 is considered the first full day of bleeding, not spotting).
- For patients who are not currently having menstrual cycles, the saliva test can be taken at any time. If you are currently on hormones do not take your hormones the night prior to or the day of collection.

Saliva kit collection is the same for both types of kits. Your hormones and cortisol levels are tested at 4 different times of day, so you will be collecting 4 different saliva samples throughout the day. Each tube must be filled at least 3/4ths of the way full of saliva. It may help to cut up a fresh lemon or use lemon essential oils to activate your salivary glands while collecting the sample. Try to avoid eating or drinking anything immediately prior to collecting the saliva sample. Each saliva sample is to be collected within the time frames below:

1. 6:00a.m-8:00a.m (Immediately upon waking, before you eat or drink anything)
2. 10:00a.m-12:00p.m
3. 2:00p.m-4:00p.m
4. 10:00p.m-Midnight. (before bedtime)

Each kit comes with collection instructions from the company, however Dr. Poppy's collection requirements are not as specific so following these general guidelines will be sufficient.

Each saliva kit comes with a prepackaged envelop that can be used to ship the kit via UPS or Fed Ex, you will have to locate your nearest FedEx or UPS drop off location. If you are unable to send in your samples the following day they can be refrigerated for up to 5 days before sending off the kits.

Once the kits are mailed off it takes approximately 3 weeks for us to get the results. **You must schedule a follow up appointment with Dr. Poppy to receive and review these results.** *We highly suggest you schedule your appointment at the time of pick up/purchase of the saliva kit.*