

Saliva Sample Instructions

BEFORE YOU START, READ THIS ENTIRE DOCUMENT

Do not exercise vigorously **on the day**
of your saliva sample collection.



Do not eat, drink, brush, or floss for at least
30 minutes prior to each sample collection.



CREATE YOUR ACCOUNT
on Health-in-a-Box to get your results

hiab.mywellnessfile.ca



WATCH HOW-TO VIDEO
for saliva sample collection

healthinabox.com/how-to



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TIPS

- If a mistake occurs during collection, simply rinse out the collection tube with water and start over.
- In case of dry mouth, press tip of tongue against teeth.
- Smelling a lemon may also stimulate saliva production.

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BEFORE COLLECTING YOUR SALIVA SAMPLE

If you do not create your account and complete the Identification Card, you will not get your results.

1. Create your account at hiab.mywellnessfile.ca
2. Complete your **Patient Identification Card**.

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CURRENTLY ON HORMONE THERAPY?

Consult your health care professional before modifying your hormone usage.

Creams, Gels, Pills	12-24 hours after last dose
Patches	1-2 days after patch application
Sublinguals, Troches	36 hours after last dose
Injections	Midpoint between injections

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WOMEN STILL MENSTRUATING

As directed by your health professional, or mid-cycle, approximately two weeks after the last day of menstruation.

QUESTIONS OR COMMENTS?

Contact us at

647-273-8766

gethiabsupport@healthinabox.com

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SAMPLES REQUIRED PER TEST

Collection Times & Volumes

TEST	TUBE 1 Morning after waking	TUBE 2 Noon	TUBE 3 Later afternoon	TUBE 4 Before bedtime	TUBE 5 Middle of night (3 am)
Sex Hormones Complete Estradiol, Progesterone, Testosterone, DHEA	5 ml				
Metabolic Health Fasting Insulin + Cortisol	5 ml				
Stress Cortisol Curve	5 ml	3 ml	3 ml	3 ml	
Sleep Melatonin Curve		3 ml			3 ml
All above tests	5 ml	3 ml	3 ml	3 ml	3 ml

Required volume refers to saliva only; bubbles should not be included when measuring the amount.

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COLLECTING YOUR SALIVA SAMPLE

1. Remove lipstick before collecting your saliva sample.
2. Wash and dry hands thoroughly.
3. Fill tube(s) with saliva to required amount.
 - a. Refer to **Collection Times & Volumes** table for sample volume and multi-sample requirements for your selected test(s).
4. Secure cap on tube(s) and tighten.
5. Fill in provided label(s) and affix to tube(s).
6. Place tube(s) in zip bag provided.
 - a. Keep absorbent pad in bag with samples.
 - b. Freeze samples until ready to ship.
 - c. Samples **MUST** arrive within 14 days of original collection date.

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RETURNING YOUR SALIVA SAMPLE

1. Confirm you created your account on Health-in-a-Box to get your results.
2. Make sure you filled out the label(s) and affixed it(them) onto the saliva test tube(s).
3. Place your filled out Patient Identification Card and bagged saliva samples back into the sample collection box. Close securely.
4. Place sample collection box into FedEx envelope.
5. Include the waybill provided with your kit.
6. Dropoff at a FedEx courier location.

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