

Shipping Preparation

When to schedule your shipment

- Please ship your sample as soon as possible. If you cannot ship your sample the same day you finish your collection, such as over a weekend or holiday, store the saliva tube in the freezer until you are ready to ship. DO NOT store for more than 3 days.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed.
 - Test Questionnaire: make sure BOTH sides of the questionnaire are completed.
 - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the resealable plastic bag containing your sample along with the completed Personal Information Form and Test Questionnaire into the supplied box.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



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LCMS Saliva Steroid Panel

ENG

Welcome To Your Test Kit

You have chosen to do an LCMS Saliva Steroid Panel Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email info@nordic-labs.com.

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma/Commercial Invoices (**only included if you are shipping from a non-EU country**)

Collection Materials

- 1 x Test Questionnaire
- 1 x Large plastic tube in a resealable plastic bag with an absorption pad

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email testkits@nordicgroup.eu

Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

Preparation

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.
- Test Questionnaire: fill out BOTH sides of the questionnaire.

When to schedule your collection

- Read all instructions thoroughly and decide the ideal day for you to test. Mark it on your calendar.
- **Men, Children & Non-Menstruating Women**
 - Collect any day of the month.
- **Menstruating Women**
 - Regular Cycles: Collect on day 19, 20 or 21 of the menstrual cycle. (Day 1 = first day of your period.)
 - Irregular Cycles: If you know when your period will start, choose 5 days before.
- Failure to follow instructions may compromise your lab results.
- Your sample is to be collected in the morning between 6:00 AM to 8:00 AM. Collect sample within 30 minutes of waking (it is best to spend 20-30 minutes on the collection, as this allows for the best cortisol reading).

Prior to collection

- Do not eat, drink (except water) or brush your teeth prior to your collection.
- Avoid anti-aging/anti-wrinkle facial creams for three days prior to collecting your sample as they may contain undisclosed hormones.

If you are taking hormones

Carefully read the schedule below if you are currently undergoing hormone therapy, and please consult your practitioner if you have any doubts or further questions.

Hormone Type	Timing
Topical or Oral	<p>The day before testing, continue use of hormones as prescribed. Important: make sure any night dosage is applied at least 12 hours before planned morning collection (for example, dose before 8:00 PM for an 8:00 AM collection).</p> <p>If using oral progesterone, your dosage can be right before bed.</p> <p>To avoid direct contamination of your sample during collection:</p> <ul style="list-style-type: none"> • Do not use bare hands for topical hormone application for at least two days prior to sample collection. • Do not apply hormones to face, neck or lips for at least two days prior to collection (apply hormones using latex gloves or preferably hormone-loaded syringe or applicator). • Make sure that all surfaces you come in contact with, such as worktops, door handles, taps, towels etc. are clean and free of hormone residue (change sheets, pillowcases and hand towels the night before collecting).
Patches, Vaginal Rings, Pellets or Injectables	Test half-way between doses. For example, collect 3 days after a once-a-week patch, or 2 weeks after a once-a-month injection.

Hormone Schedule continued

Hormone Type	Timing
Troches or Sublingual Therapies	Do not use DHEA supplementation sublingually 36 hours prior to testing.
Steroids (e.g. glucocorticoids, hydrocortisone, prednisone)	Contact your health practitioner about appropriate timing.

Collection Procedure

Important: If an error is made during collection, simply rinse out the entire tube with hot water (no soap), shake out remaining water, and air dry. Restart your collection at the appropriate time.



Step 1:

Write your full name, date, and collection time on the label attached to the tube. Also note time of collection on the Personal Information Form and Test Questionnaire.



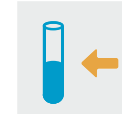
Step 4:

Begin collecting saliva by first allowing saliva to pool in your mouth, then spit into the large tube.



Step 2:

Rinse your mouth thoroughly with water and wait five minutes before you begin your collection.



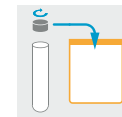
Step 5:

Fill tube at least half full with saliva. Allow any froth to settle before finishing (collection usually takes 15-30 minutes, depending on saliva production).



Step 3:

Wash and dry hands with a clean towel.



Step 6:

When done, screw the cap back on tightly and place back into the plastic bag and store in a refrigerator until ready to ship.

Tips for a successful sample collection

- Each saliva sample must fill the tube at least half way, not including bubbles.
- If experiencing a dry mouth, try to stimulate saliva flow by pressing tip of tongue against teeth; smelling (not eating) a lemon or other foods; or yawning.
- Freeze any samples not being shipped within 24 hours.