

## CHECKLIST (PRIOR TO SHIPPING)

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### 1. TUBES

- Patient's first and last name, date of birth, and date of collection are written on all tubes
- Tubes are capped tightly

### 2. REFRIGERATED

- 4 Saliva clear top collection tubes containing cotton

### 3. TEST REQUISITION FORM WITH PAYMENT

- Test Requisition Form is complete
- Payment is included

## ADRENAL STRESS PROFILE

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### SPECIMEN COLLECTION INSTRUCTIONS

**THIS SPECIMEN COLLECTION KIT CAN BE USED FOR THE FOLLOWING TEST(S):**

**0043 ADRENAL STRESS PLUS** - Saliva

**(INCLUDES sIGA & ANTIGLIADIN ANTIBODY)**

**0243 ADRENAL STRESS** - Saliva

#### PLEASE NOTE:

*All patient specimens require two unique identifiers (patient's name and date of birth), as well as date of collection. Patient's first and last name, date of birth, and date of collection must be recorded on the Test Requisition Form as well as all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.*

### SPECIMEN

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Saliva (4 timed)

#### COLLECTION MATERIALS

- 4 saliva clear top collection tubes containing cotton

#### SHIPPING MATERIALS\*

- Absorbent pad
- Test Requisition Form
- Biohazard bag with side pocket
- Specimen collection kit box
- FedEx® Express Clinical Lab Pak and Billable Stamp

*\*International shipping may vary, please see shipping instructions for more details.*



Call 800.221.4640 or visit our website at [www.metametrix.com](http://www.metametrix.com)

*Please read all instructions carefully before beginning.*

## **PATIENT PREPARATION**

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- It is best to **ship your specimen within 48 hours of collection**. Please refer to the enclosed shipping instructions **before** you collect to determine what days you can ship your specimen.
- Collect for this test on a “typical” day for you. For example, if you work Mon-Fri, then it is best to collect for this test on a weekday.
- Refrain from caffeine and smoking the day of the test, if possible.
- It is not necessary to discontinue nutritional supplements prior to this test. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.
- This test monitors changes in your body over the course of a day; therefore, a total of four specimens must be collected at intervals during the waking hours of one day.
- For one hour before each saliva collection, do not eat or drink anything except water. Do not brush teeth or use mouthwash one hour before each saliva collection.
- Rinse mouth with water before each collection.

## **COLLECTION INTERVALS\***

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1. **COLLECT** the first sample immediately upon awakening or within 30 minutes after waking. For most, this will be between **7:00 AM and 9:00 AM**. Circle “AM” on the collection tube label.
2. **COLLECT** the second sample between **11:00 AM and 1:00 PM**. Circle “NOON” on the collection tube label.
3. **COLLECT** the third sample between **4:00 PM and 6:00 PM**. Circle “PM” on the collection tube label.
4. **COLLECT** the fourth sample between **10:00 PM and Midnight**. Circle “NIGHT” on the collection tube label.

### *\*Special Cases*

- For patients who work night shifts or have altered schedules, collect the first sample immediately upon awakening or within 30 minutes of waking. Collect subsequent samples in five hour increments thereafter. If you wake up at 2:00 PM, collect saliva between 2:00-2:30 PM, and again at roughly 7:00 PM, 12:00 AM, and 5:00 AM. Label tubes in order of collection: AM, NOON, PM, and NIGHT.

- For patients whose primary complaint is insomnia, the doctor may request that the last sample (night) is collected upon waking in the middle of the night. Consult with your doctor before making this modification to the specimen collection instructions.

## **SALIVA COLLECTION**

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1. **WRITE** patient’s first and last name, date of birth, and date of collection on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as all collection tubes, using a permanent marker.
2. **REMOVE** the top from the tube and remove the cotton from the suspended insert. **DO NOT** remove the insert from the tube.
3. **PLACE** the cotton in your mouth and gently chew the cotton for 1-2 minutes.
4. **PLACE** the cotton back into the suspended insert in the tube. Replace top securely.
5. **PLACE** the tube in the biohazard bag and seal the bag. **REFRIGERATE** specimens until they are ready to ship.
6. **REPEAT** collection procedure with a fresh tube and cotton for each time interval.

**NOTE: Refrigerate specimens and ship as soon as possible (Mon-Fri).**

## **SPECIMEN PREPARATION**

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1. **PLACE** all four specimens and the absorbent pad into the biohazard bag.
2. **STAPLE** payment to the bottom right-hand corner of the completed Test Requisition Form. **FOLD** and **PLACE** them in the side pocket of the biohazard bag.
3. **SEAL** the biohazard bag; **PLACE** it in the specimen collection kit box and close the box.