

Checklist Prior To Shipping

1. Ensure that the NutriPATH request form is completely filled out including full name, date of birth, residential address, contact number and credit card details. Details must match your sample.
2. Please complete the 'NutriPATH Patient Checklist Form' prior to sending samples for testing to ensure no delays in test results
3. Place the labelled samples into the sealable section of the specimen transport bag.



4. Place the NutriPATH completed request form into the non-sealable section of the specimen transport bag.



5. Place the specimen transport bag which contains the NutriPATH request form and samples into the Reply Paid Post Padded Envelope and return to NutriPATH via your nearest Australia Post outlet or yellow express post bin on that same day.

To view a demonstration video on how to collect your sample, please visit our website www.nutripath.com.au, enter your Test Name in the "Search for a product" section and click on collection method video.

"Thank you for your request. Results will be forwarded to your referring practitioner upon completion."



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Saliva Collection Instructions

Version 2: July 2019

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

Before proceeding, please read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.

IMPORTANT PRE-COLLECTION INFORMATION

"HORMONE USERS GUIDE"

Continue to use your hormones as prescribed. You do NOT need to stop current hormone medication prior to collection **unless advised by your healthcare practitioner.**

Please follow the chart below for optimal timing of collection.

Hormone Type	Collect Sample
Creams/gels/capsules	12-24 hours after last dose
Troche/sublingual	36 hours after last dose
Patches	24-48 hours after applying patch
Injection/ Pellets	Midpoint between treatment

- If you are taking any hormone medications, please indicate this information on the NutriPATH request form as well as indicating the hormone type. ie. Progesterone Cream, troche.
- On the day of collection: STRICTLY AVOID caffeine, alcohol and nicotine (smoking) unless you are told otherwise by your healthcare provider.
- During the 2 hours prior to collection; DO NOT eat, brush or floss your teeth or use mouthwash. You may drink a little water during this time.
- Before collection: wash hands thoroughly with soap and water to avoid contamination.

Saliva Collection Kit

SAMPLE COLLECTION STEPS:

1. Commence the saliva collection process by washing your hands thoroughly.
2. Prior to sample collection, rinse out your mouth thoroughly with water and wait a minimum of 15 minutes before commencing the sample collection. To ensure an accurate collection, strictly avoid eating, brushing, flossing or the use of mouthwash on the morning of collection or within 2 hours of sample collection throughout the day (if multiple tubes are provided).
3. Unscrew the lid of the collection vial and hold it to your lips.
4. Tilt your head forward and allow the saliva to naturally pool inside your mouth.
5. Allow saliva to passively collect into the vial until you reach the top with liquid saliva.
6. **FILL THE COLLECTION TUBE** as best as possible to the top with liquid saliva. Avoid foamy saliva or 'bubbles'. Tap the tube with the fingernail or tap on a hard surface to reduce bubbles. Insufficient saliva samples **cannot** be processed.
7. During the collection, do not cough, clear your throat or collect mucous from the back of your throat into the collection tube.
8. Once you have collected the sample, ensure that you screw the saliva cap on tightly to **AVOID LEAKAGE IN TRANSIT**.
9. Immediately after sample collection, complete the tube information by ensuring the following details are noted clearly on the saliva tube where information is requested:

The following information must be provided. Please use the checklist below:

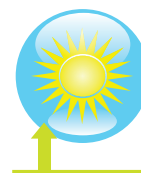
- Patient first name/surname ☐
 - Date of birth ☐
 - Collection time (including am or pm) ☐
 - Date of collection ☐
10. Place the completed collected vial into the specimen transport bag and keep frozen until you are ready to send the samples back to NutriPATH Pathology. If you have been provided with multiple saliva tubes, repeat the above collection steps 1-9 following the time schedule or times indicated by your practitioner.

Please note: Saliva samples will be sent back to NutriPATH at room temperature and are not required to be transported frozen.



Collect Sample 1:

Collect Sample 1 between 6am - 8am, within 30 minutes of rising



Collect Sample 2:

Collect sample 2 between 12 noon - 1pm



Collect Sample 3:

Collect Sample 3 in the afternoon between 4pm - 5pm



Collect Sample 4:

Collect Sample 4 just before bed, between 8pm - 10pm

If doing a Female Hormone Profile Code 1005 or 1006 (1x 5ml Tube):

You will need to fast for a minimum of 8 hours for this collection. Please collect the sample on day **19-21 of your cycle at 6-8am (or as advised by your practitioner)**. Ensure you label the tube correctly with patient name, date of birth, date of collection and the time collected including am or pm.



If doing a Male Hormone Profile Code 1007 or 1008 (1x 5ml Tube):

You will need to fast for a minimum of 8 hours for this collection. Please collect the sample between **6-8am (or as advised by your practitioner)**. Ensure you label the tube correctly with patient name, date of birth, date of collection and the time collected including am or pm.



If doing an Adrenocortex Stress profile (4 x 5ml Tubes): (refer to schedule)

You will need to collect a sample at 8am, 12noon, 4pm, 8pm all within the **SAME day (or times advised by your practitioner)**. Ensure you label all tubes correctly with patient name, date of birth, date of collection and the **time collected including am or pm on EACH TUBE**.



Adrenocortex Stress profile & Hormone profile (4x 5ml Tubes) (refer to schedule):

You will need to collect a sample at **8am, 12noon, 4pm, 8pm** all within the **SAME day (or times advised by your practitioner)**. Ensure you label all tubes correctly with patient name, date of birth, date of collection and the **time collected including am or pm on EACH TUBE**.



If doing a Sleep Cycle profile Code 1009 (1x 5ml Tube):

You need to collect the sample between **12 midnight - 2am in a room with minimal light (or as advised by your practitioner)**. Ensure you label the tube correctly with patient name, date of birth, date of collection and the time collected including am or pm.

