

# Directions



# PCNZDiagnostic

## Saliva Sample Collections

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### Before you Start

- Check the contents of the collection box:

1-4 x 5 mL Salivary Tubes	1 x Padded Envelope
1 x Labeled Courier Bag	1 x Lab Specimen Transport Bag
1 x PCNZDiagnostic Request Form	1 x Directions for Saliva Sample Collections
- Read the enclosed instructions before proceeding.

### Practitioner, Payment and Testing Details

- Fill in the PCNZDiagnostic Request Form enclosed.

### When to Collect the Saliva Samples

- For a pre-menopausal woman it is advisable to collect the saliva sample between day 18-21 of the menstrual cycle and preferably on day 20 (Day 1 is the first day of your period) This does not apply to testing for Cortisol or Melatonin.
- Collect the samples at the times of the day specified for the test you have selected in section 4 of the PCNZDiagnostic Request Form.
  - Most tests require a single 6-8am saliva sample;
  - If testing Cortisol at noon, 4pm, 8pm or 12-2am, or Melatonin at 12-2am, collect one saliva sample at each of these times of the day or as directed by your health practitioner;
  - Multiple hormones can be tested from one tube.
- If you are testing for melatonin or cortisol (12-2am) go to sleep prior to collecting the sample. We suggest setting an alarm to wake you up at the time of sampling. For most accurate results collect the saliva sample in a darkened room if possible and within 10 minutes of waking.

### To Ensure we can Provide Accurate Results

- Do not eat, drink, brush teeth, or apply make-up during the hour prior to saliva collection. Remove any lipstick.
- If you use hormone creams, collect your saliva sample 12-24 hours after application.
- If you use a troche (a small lozenge placed in the mouth), collect your saliva sample three days after the last dose.

### Specimen Collection Instructions

- Make sure you wash your hands thoroughly before handling the saliva collection tubes, as hormone creams or other substances may contaminate the saliva.
- Rinse your mouth with drinking water before collection. Spit out the water completely. Wait at least 5 minutes before proceeding with the collection.

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Call **0800 HORMONE (467 6663)** to speak to Jo-Anne Moore, Diagnostic Co-ordinator

62C Diana Drive, Wairau Valley, North Shore 0627, PO Box 101-142, North Shore Mail Centre 0745, Auckland New Zealand  
DDI: 64 9 442 1724 Email: [jo@pcnzltd.co.nz](mailto:jo@pcnzltd.co.nz) Ph: 64 9 442 1727 Fax: 64 9 442 5851 Email: [info@pharmaceutical.co.nz](mailto:info@pharmaceutical.co.nz) Website: [www.pharmaceutical.co.nz](http://www.pharmaceutical.co.nz)  
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- **Completely fill** the collection tube (5mL) with liquid saliva, not foamy. Tap the tube with your fingernail or a hard surface to reduce bubbles. Please note an insufficient sample may mean some tests can't be performed, but will still incur a charge.
- During collection do not cough or clear your throat into the collection tube as this will dilute the result.
- Fill the tube to the 5 mL mark and screw the cap on tightly.
- Write the patient name, collection time and date on each tube.
- Sugarless gum can be used to assist in saliva production. Only use this option if absolutely necessary.

### Returning the Specimen to PCNZDiagnostic

- Put the sample/s in the sealable section of the specimen transport bag supplied.
- Place the PCNZDiagnostic Request Form in the non-sealable section of the specimen transport bag supplied.
- Place the specimen transport bag into the padded envelope provided and place these into the labelled courier bag.
- Contact **CourierPost on 0800 268 7437** stating that the courier is prepaid. The courier bag is already labelled with the delivery address to:

**PCNZDiagnostic, 62C Diana Drive, Glenfield, Auckland 0627**

- Store the sample in the refrigerator until pickup. The saliva is stable for up to six weeks in the fridge and four weeks at room temperature.

### Results

Your practitioner can expect to receive results 2-3 weeks after PCNZDiagnostic receives the specimen.

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