

If you have questions, please call your provider before proceeding. If your kit is missing components, call (800) 323-2784 for a replacement.



Cardboard kit box



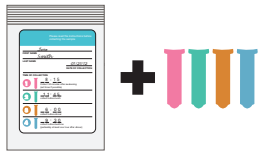
Insulated cooler with lid
(keep in kit box)



Ice pack
(place in freezer immediately)



Plastic bag containing:
1 urine tube and 1 absorbent pad



Plastic bag containing:
4 color-coded saliva tubes and 4 straws



urine collection cup
(separate from kit contents)



OPTIONAL
24-hour urine collection container
(separate from kit contents)



Requisition form



Patient survey



FedEx Clinical Pak
(USA Only)



FedEx Return
Label/Stamp
(USA Only)

The testing for this profile consists of collecting 4 saliva samples for hormone analysis and urine collected as either a 1st morning collection, a 2nd morning collection, or a 24-hour urine collection for neurotransmitter analysis.

BEFORE YOU START: Please read all of the instructions carefully. Consult your physician for specific instruction and before stopping any medications. Make sure your physician has selected a test profile on the requisition form. Menstruating women should not collect urine during their period.

BEFORE AND DURING COLLECTION	
2 days before and during collection	Avoid avocados, eggplant, tomatoes, bananas, kiwis, melons, pineapple, grapefruit, plums, fruit juice, nuts, nut butters, wine, cheese, rice, and chocolate
1 day before and during collection	Avoid strenuous exercise, alcohol, caffeinated beverages, and nicotine products. On the day before and during testing, it is recommended to avoid all supplements and medications until after all samples have been collected (including those that regulate allergy, mood, sleep, pain and inflammation.) <i>Never discontinue prescription medications without consulting your physician.</i>
Day of collection	Do not eat or drink anything 1 hour prior to saliva collection
	Do not brush, floss or have dental work done 30 minutes prior to saliva collection.
	Use of cosmetics, other than “anti-aging” creams, is permitted.

WOMEN & MEN ON HORMONES (estrogen, progesterone, testosterone, DHEA)		
Topical Hormones (cream)	Last dose prior to collection should be within a window of 12-24 hours before collecting your first sample	Do not apply topical or use sublingual hormones throughout the entire day of saliva collection. This will contaminate your sample and your test results
Sublingual Hormones or Troches (dissolved under tongue)	Last dose prior to collection should be within a window of 24-36 hours , followed by two full glasses of water to cleanse the tissues. Then collect your first sample.	
Oral Hormones (pills) and Transdermal Patches	Should be used as prescribed on the day of collection	
Injections, Subcutaneous Pellets and Transdermal Patches	Collect at the halfway point between doses	
CORTISOL/GLUCOCORTICOID SUPPLEMENTATION		
CONSULT WITH YOUR PROVIDER for instruction if you are taking a cortisol supplement for adrenal support (or any other glucocorticoid for medical reasons). Note: certain medications, including hydrocortisone creams and asthma inhalers, contain cortisol. To evaluate your natural cortisol production, it is recommended to stop using cortisol-containing products 5 days prior to sample collection. Consult with your provider prior to stopping cortisol-containing medication(s).		
WHEN TESTING MELATONIN		
Last dose of melatonin and serotonin boosting supplements (i.e. 5 HTP, tryptophan) should be at least 36 hours before first sample collection. CONSULT WITH YOUR PROVIDER for instruction if you are taking an SSRI or SNRI, as these can influence melatonin secretion.		
OTHER		DAY TO COLLECT
Women with menstrual cycles		Collect 1 day during days 19-23 of a 28-day cycle, counting the first day of your period as day 1

Call your provider with additional questions. Please do not send any medications with your kit.

Collect saliva on a day that is determined by you and your physician, considering the recommendations on page 4.

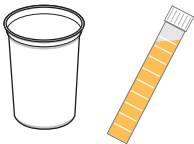
- 1 Collect before breakfast in the **PINK TUBE (AM 30)**
Collect 30 minutes after awakening (set a timer)
- 2 Collect before lunch in the **GREEN TUBE (NOON)**
- 3 Collect before dinner in the **ORANGE TUBE (EVENING)**
- 4 Collect right before bedtime in the **BLUE TUBE (NIGHT)**

1. 10 minutes before each saliva collection, wash hands and rinse mouth with water.
2. The first saliva collection must be 30 minutes after awakening. Timing is critical.
3. Fill all four tubes regardless of how many tests are ordered.
4. Tubes should be 3/4 full - do not overfill. Bubbles/foam are OK.
5. Use of the included straws to funnel saliva into each tube is optional. Dispose of straws before shipping.
6. After each saliva collection:
 - ✓ Snap saliva tube closed tightly.
 - ✓ Record the date and times of the collection on the bag and on the requisition form.
 - ✓ Place saliva in freezer immediately. When all four tubes have been collected, place all tubes into plastic collection bag with absorbent material and keep in freezer with frozen ice pack until ready to ship.

6

SPOT COLLECTION

Your physician should have provided you with a separate plastic collection cup to be used to collect urine. Any clean container can be used to collect urine.



If you are collecting a 24-hour urine collection, go immediately to page 7.

1. When you wake up and get out of bed for the day, you can collect either the First morning or Second morning void of the day.

In the Collection Information Section of the Requisition fill in the waking time and the time that the urine was collected. **Mark the box for collection type: 1st or 2nd morning.**

2. Collect a midstream specimen of urine in the collection cup. DO NOT urinate directly into the tube. The tube contains an acid preservative* that may irritate the skin.

3. Pour the urine into the specimen vial. Fill the vial to the fill line – do not underfill. Close vial tightly to ensure a good seal. Gently rock the tube back and forth to mix urine with the preservative*.

4. Complete the requested information on the tube label: name, date of birth, date and time of collection.

5. Place the tube inside the plastic zip-lock bag with the absorbent material and seal.

6. Freeze the urine sample for at least 4-6 hours and keep frozen with the frozen ice pack until ready to ship.

*Vial contains approximately 50mg of oxalic acid. Do not ingest or inhale. Wipe spills with a wet towel. In case of contact with skin, wash with soap and plenty of water. In case of accidental contact to eye or ingestion, rinse with plenty of water. Seek medical attention if warranted.

7

24-HOUR COLLECTION
(OPTIONAL)

1. When you wake up and get out of bed for the day, urinate into the toilet and flush – do not save this urine. *Begin the 24-hour collection with the second urination and collect all urine up to and including the first morning urination of the following day.*



2. Collect urine in the collection cup. Pour the urine into the large orange 24-hour collection container. Keep the urine cold during the 24-hour period (in a refrigerator or a cooler).



3. After all of the urine has been collected, place the large 24-hour container on a level surface and read the volume from the markings on the container.

In the Collection Information Section of the Requisition, fill in the date of collection, the waking time, and total 24-hour volume. **Mark the box for 24-hour collection.**

4. Mix the urine by shaking the large container. Pour the urine into the specimen vial. Fill the vial to the fill line – do not underfill. Close vial tightly to ensure a good seal. Gently rock the tube back and forth to mix urine with the preservative*.

5. Complete the requested information on the tube label: name, date of birth, date and time of collection, and 24-hour volume.

6. Place the tube inside the plastic zip-lock bag with the absorbent material and seal.

7. Freeze the urine sample for at least 4-6 hours and keep frozen with the frozen ice pack until ready to ship.

8

SHIPPING

PREPARE THE PACKAGE

- 1. **Ship Monday - Friday only.** You will be charged a pick-up fee if you call for a Saturday pick-up. Weekend or holiday collection: keep the specimen in the freezer until the following business day to ship.
- 2. ***Fill out the test requisition form completely and sign it.** The test cannot be performed without a properly filled out requisition, and payment information, if required. Fill out the patient survey. US patients only: fill out the ABN on the back of the requisition form.
- 3. **Remove Zip-lock bags containing frozen specimen tubes and ice pack from the freezer.** Place these items inside the insulated cooler and replace the lid securely.
- 4. **Place the insulated cooler inside the cardboard kit box.** Place the requisition form, patient survey and any payment (if applicable) into the cardboard kit box. Close the cardboard box.
- 5. **Open up the FedEx plastic Clinical Pak and affix the provided Prepaid label onto the bag in the designated location.** Record the tracking number printed on the label if you want to track this delivery.
- 6. **Place the cardboard box inside the Clinical Pak and seal to securely close.**

***Fill out ALL pages of the requisition, including collection date, DOB and sex. Any missing information will lead to delays.**

SCHEDULE A PICK-UP (USA ONLY)

To schedule a pickup, scan the QR code and fill out the form, or call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). Say “Schedule a pick up,” then “No” if asked whether the shipment is over 150 lbs, and “Express” for shipment type. If asked for an account number, say “I don’t have it” or “I’m using a label or stamp.” If asked, say “Stamp” is on the waybill, enter the tracking number from your label, and provide your location or address information. **DO NOT USE A DROP BOX or leave your kit outside (especially in warm temperatures).**



In some cases, Doctor’s Data provides prepaid shipping from certain countries outside the United States. If that policy pertains to this collection kit, then country specific shipping materials (including an Air Waybill and instructions) will be included in the kit contents. If there are not any shipping materials included or you choose to use a different courier or level of service than provided, you must make your own shipping arrangements at your own expense.

neurotransmitter & hormone analysis
URINE & SALIVA COLLECTION



INSTRUCTIONS

Read all instructions before collecting specimens.



Scan code for expanded instructions and FAQs



SCIENCE + INSIGHT