

## Frequently Asked Questions

This section is to provide general information only. For additional details, please contact your provider directly. Please do not call the lab since we are only able to take medication and supplement calls directly from healthcare providers.

### 1. How long does it take to process the test?

On average, 5-7 business days from the day it is received.

### 2. How much is the test?

For test fees, please contact your ordering healthcare provider. Please do not contact the lab.

### 3. I am taking a certain medication or supplement. Do I need to discontinue while doing the test?

Call your physician; they can phone us for clarification. Please do not contact the lab.

### 4. What if I brushed my teeth or consumed food or liquids less than an hour before collecting a sample?

You may need to recollect. Call your physician; they can phone us for clarification. Please do not contact the lab.

### 5. I am a resident of New York State. Can I do testing through your lab?

No. New York State has additional licensing requirements that we have chosen not to pursue at this time.

### 6. Can you send me an itemized statement?

If you send payment to us directly, we will automatically send you an itemized insurance statement approximately 3 weeks after we receive your sample. If you paid your physician, please contact him or her for a statement.

**Have additional questions? You can find answers to commonly asked questions on our website at [www.diagnotechs.com/pages/patientfaq.aspx](http://www.diagnotechs.com/pages/patientfaq.aspx)**

## Shipping Instructions

### US Domestic:

- Tuck front flap into box and seal with UPS shipping label (included in box)
- Place label within dashed lines & adhere over front edge.
- Send from your most convenient UPS location
- Replacement and expedited UPS labels are available on our website at [www.diagnotechs.com/Pages/ShippingInfo.aspx](http://www.diagnotechs.com/Pages/ShippingInfo.aspx)

### International:

- Delivery charges do apply.
- Seal box with clear tape.
- International deliveries should be addressed to the physical address only (see address provided below)
- Deliveries can be made Monday through Friday via a private courier of your choice.
- Discounted return UPS labels are available on our website at [www.diagnotechs.com/Pages/ShippingInfo.aspx](http://www.diagnotechs.com/Pages/ShippingInfo.aspx)

### Diagnos-Techs, Inc.

*Sample Processing*  
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Kent, WA 98032



## Perimenopause Panels Regular & Expanded

### Specimen Collection Instructions

**Use this collection kit for the following test panels:**

- PeriM - Perimenopause Panel
- ePeriM - Expanded Perimenopause Panel

### Contents

- 2 blue-capped 5 mL vials (PeriM kits) or 2 green-capped 5 mL vials containing preservative (ePeriM kits) for saliva collection
- Orange absorbent shipping pad
- Resealable bag
- Requisition form
- Preprinted shipping label (U.S. only)



**DiagnosTechs™**  
THE LEADING LAB IN SALIVA TESTING SINCE 1989

## Before You Start

**IMPORTANT! Consult your physician** if you are using any topical or injectable hormone preparation such as progesterone, estrogen, testosterone, DHEA, etc. This includes creams, gels, oils, patches or injectables. Your hormone results may not reflect a true baseline for three weeks to three months or longer following discontinuation. Monitoring topical or injectable hormone use with salivary testing typically yields high levels of hormones of unknown clinical significance.

## General Guidelines

**Please read ALL instructions before starting to collect your samples.**

- There are 2 numbered vials in the kit. **You must print your first and last name and your date of birth on each vial and on the front of the requisition form.**
- Avoid collecting saliva within 60 minutes of waking.
- Avoid food, drinks, and brushing teeth for 60 minutes before collection.
- It is best to collect both samples at approximately the same time of day (plus or minus one hour).

## Collection Schedules

There are three ways to utilize this panel, each with a different set of collection instructions. Please choose one of the following schedules, and be sure to indicate which collection schedule you followed on the back of your test requisition form. If you do not know which schedule to follow, contact your ordering provider. Please do not contact the lab directly.

### • **Schedule 1: You DID menstruate this cycle**

- Sample 1 is collected 7-10 days after menstrual flow starts (freeze upon collection)
- Sample 2 is collected 19-23 days after menstrual flow starts

### • **Schedule 2: You did NOT menstruate this cycle**

- Sample 1 is collected any day (freeze upon collection)
- Sample 2 is collected 13-15 days after the first sample is collected

### • **Schedule 3: You want your hormones measured before and after beginning oral/sublingual bioidentical hormone replacement therapy (BHRT)**

- Sample 1 is collected before hormone therapy is initiated (freeze upon collection)
- Sample 2 is collected 10 or more days after hormone therapy is begun

**IMPORTANT!** Unless your provider instructs you otherwise, modify hormone dosing in the following way:

- **Sublingual hormones:** Starting 3 days before collection, swallow these preparations orally (for liquid preparations, mix with a few ounces of water). Then, skip the hormones altogether the day before collection and the day of collection (after collection, you may resume dosing).
- **Oral hormones:** Skip the hormones the day before collection and the day of collection (after collection, you may resume dosing).
- **Topical creams or injectables:** Do not use the hormones the day before collection and the day of collection (after collection, you may resume dosing). Please keep in mind that topical or injectable hormones (creams, gels, etc.) readily accumulate in the fatty tissues, and levels may remain elevated for weeks or months after the last application.

## Saliva Collection Instructions

**First, choose the appropriate collection schedule as described in the previous section or as directed by your provider.**

**The entire day before collection and throughout the day of collection: Avoid all hormones, regardless of form, except thyroid medication. Avoid topical skin care products (i.e. anti-aging cream, moisturizers, lip balm, lipstick, etc.) unless otherwise directed by your provider.** If you have any questions, please follow up with your provider. Please do not call the lab.

**60 minutes before each collection:** Avoid smoking, brushing or flossing your teeth, using mouthwash, and eating or drinking anything except water.

**3-5 minutes before each collection:** Rinse mouth thoroughly with cold water for approximately 30 seconds. Wash hands prior to handling vials.

Collect saliva directly into the vial up to the forth or fifth line from the bottom, or at least 3/4 full (excluding bubbles). To reduce the amount of bubbles, cap vial and place in the freezer for 2-3 minutes, remove vial from freezer and then lightly tap vial on a counter or table top.

### **If you have difficulty producing sufficient saliva:**

Chew dental-grade paraffin wax; smell a lemon wedge, vinegar, or pickle juice; or smell your favorite food item to promote flow. Collect saliva 2-3 minutes later.

Cap vial tightly and **FREEZE** vial. Record the date you collected each sample on the schedule located on the back of the requisition form. **KEEP BOTH SAMPLES FROZEN UNTIL THE DAY THEY ARE SHIPPED, AND SHIP BOTH SAMPLES TOGETHER.** See back page for shipping instructions.

After **BOTH** samples are collected, return them along with the test requisition form (do not include this instruction pamphlet). Prior to shipping, double check that your name and date of birth are printed on each vial and the front of the test requisition form.