

## Shipping Instructions

Ship your samples within 7 days of collection. **NeuroLab will NOT accept samples more than 30 days from date of collection.**

- 1 Complete the Laboratory Requisition Form and Patient Health Assessment Form **entirely**.
- 2 Place both forms into outside compartment of the Specimen Collection Bag (pouch on back of bag.)
- 3 Place urine tube and/or four (4) saliva tubes into the Specimen Collection Bag. **DO NOT** remove absorbent sheet from bag.
- 4 Seal and place Specimen Collection Bag into white shipping box. Do not send with ice packs. We expect samples will thaw in transit.
- 5 Place included pre-paid FedEx shipping label on white shipping box to seal. (Note: Only ship using the white shipping box included; you may discard the outer blue Specimen Collection kit box/sleeve.)
- 6 To ship your samples, you may take your pre-labeled, sealed box to your nearest FedEx location or FedEx Dropbox.
  - To find a FedEx Dropbox near you, go to: <https://local.fedex.com> and enter your city/state or ZIP code.
  - Alternatively, FedEx has a partnership with Walgreens, so you can drop off your pre-labeled, sealed box at any Walgreens during the store's hours of operation.

Your healthcare provider will receive your final results.

For Frequently Asked Questions about sample collection, please visit:

[portal.SanescoHealth.com/newpatient](https://portal.SanescoHealth.com/newpatient)

**NeuroLab**<sup>®</sup>  
A Division of Sanesco International



## Specimen Collection Instructions

Please read **ALL** the information on this sheet before beginning your sample collection. **Improperly collected samples can cause a delay in your testing process.**

### → Start Here



All samples need to be collected on the same day.



Avoid strenuous exercise prior to collecting all samples.

**7 days**

All samples should be shipped within 7 days of collection.

### Check your kit for the following items.

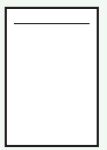
Call 877.216.6811 if anything is missing or damaged!



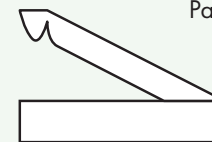
Pre-paid return shipping label



Patient Health Assessment Form and Laboratory Requisition Form



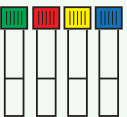
Specimen Collection Bag



White shipping box

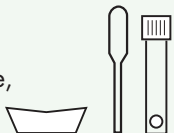
#### Saliva Collection:

Four (4) saliva collection tubes with colored caps



#### Urine Collection:

Urine collection container, Plastic pipette, urine collection tube with stabilizer

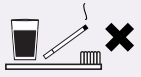


Check your Laboratory Requisition Form. If collecting saliva, proceed to Saliva Collection Instructions. If collecting urine only, proceed to Urine Collection instructions.



## Saliva Collection Instructions

Saliva collection is required for **HPA-G, HPA, AH-G, AH, G and Cortisol Only** profiles. Selection is made by your provider on the included Laboratory Requisition Form.



Do not eat, chew gum, smoke, drink (water is ok) or brush teeth for at least 1 hour before collecting each saliva sample during the day.



Do not drink alcohol for at least 12 hours prior to collecting saliva samples.



Do not apply topical hormones on day of collection.

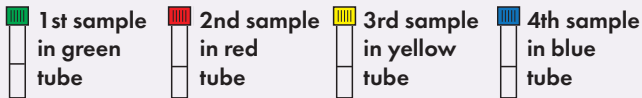


Avoid napping 90 minutes or longer on the day of saliva collection.



Rinse your mouth with warm water 10 minutes before collecting samples.

**You will collect 4 saliva samples, each 4-5 hours apart, over the course of 1 day. Saliva collection should be passive drool without stimulation. Let saliva pool in your mouth before spitting into the tube. If saliva sample is discolored, rinse out tube, dry and collect again when saliva is clear.**



1

Collect your 1<sup>st</sup> saliva sample 1 hour after rising for your day.

2

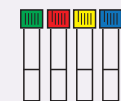
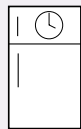
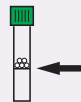
Carefully spit into the tube to the fill line with liquid saliva. (Bubbles don't count.) Secure cap on tube.

3

**Immediately** place tube in freezer until ready to ship. Keep sample in freezer for a **minimum** of 4 hours prior to shipping.

4

Repeat steps 2 and 3 for each sample. Typically samples are collected morning (before breakfast), noon (before lunch), evening (before dinner), and night (before bed) depending on sleep schedule.



4-5 hours apart

## Saliva Guidelines

For **HPA-G, AH-G, and G** profiles, follow the guidelines below. Selection is made by your provider on the included Laboratory Requisition Form.

### IMPORTANT BEFORE COLLECTION:

#### For women with menstrual cycles:

**This info is needed even if you have no period due to birth control.**

Collect saliva during one day of the mid-luteal phase (Day 19, 20, or 21 of a 28-day cycle). The first day of your period counts as day 1.\*

#### For men, post-menopausal women and women who have had a hysterectomy:

Collect saliva any day of the month. If you are using hormones please follow directions below.

#### For women and men on hormones (estrogen, progesterone, testosterone or DHEA):

! If you are using **topical hormones** (creams), **hormone troches/lozenges** (dissolved in mouth), or **sublingual hormones** (dissolved under tongue): DO NOT use throughout the entire day of your saliva collection. Your last dose prior to collecting saliva should be applied no less than 48 hours prior to collecting your 1<sup>st</sup> sample.

! If you are taking **oral hormones** (pills) or using **transdermal patches**, continue as prescribed by your healthcare provider on day of collection.

! If you are using **injections** or **subcutaneous pellets**, continue as prescribed by your healthcare provider on day of collection. Recommended dosage interval is mid-regimen.

\* **If you have an abnormal menstrual cycle, saliva collection should take place approximately 5-7 days after ovulation. Contact your healthcare provider with any additional questions pertaining to the timing of collection on any hormone testing.**



#### HELPFUL TIPS:

If you are having trouble generating saliva, try to relax and think about your favorite food. Smelling lemons or lemon juice can help, too. Tilt head forward, allowing saliva to slowly pool on the floor of mouth.

**If collecting urine, proceed to Urine Collection Instructions. If collecting saliva only, proceed to Shipping Instructions.**

## Urine Collection Instructions

Urine collection is required for **HPA-G, HPA, and HP** profiles. Selection is made by your provider on the included Laboratory Requisition Form.



2nd

Collect your **second urine** after waking. **DO NOT collect your first urine after waking for the day.**



X

**Avoid caffeine** until after the urine collection. Decaffeinated beverages are okay.



**Do not drink more than 8 oz.** of fluid prior to your urine collection.

1

#### Locate the Urine Collection Tube with stabilizer.

DO NOT remove stabilizer. DO NOT rinse tube.

Note: The stabilizer is inside the urine collection tube and may appear as translucent liquid droplets and/or a tiny cotton ball for absorption. It is required to preserve your sample during shipping.



2

**Check expiration date** on tube; if expired, please call for a replacement.

3

**Collect a midstream sample of urine** in the collection container provided.



4

**Transfer the urine** into the tube and fill ½ full using the plastic pipette included. Secure the cap tightly.



5

**Dispose of the container and pipette** and any leftover urine you may have after having filled the tube.



6

**Invert the tube several times.** This will effectively mix the stabilizer with your sample.



7

**Immediately place tube in freezer.** Keep sample in freezer for a **minimum** of 4 hours prior to shipping.



**Proceed to Shipping Instructions.**

