

Saliva Tests: Estrone (E1), Estradiol (E2), Estriol (E3), Progesterone, Testosterone, Cortisol, DHEA-S, sIgA, Melatonin, Heavy Metals in Saliva

1. Is the sampling kit complete?

Please check if the sampling kit is complete. Each kit includes:

- Sampling instructions
- Medical history form
- Requisition form
- Saliva collection tube* (with coded label)
- Plastic straw
- Protective mailing container (white cap) with inserted absorbent material
- Plastic bag marked "Biohazard"
- Ice Pack
- Return envelope

*For testing for **heavy metals in saliva**, 2 collection tubes are provided.

If any of the above is missing or damaged, please contact us, and we will send you a replacement kit immediately.

2. How to prepare properly

Please pay attention to the following instructions. Deviations from these instructions may result in improper evaluation of the test results.

If unsure, call the Diagnostiki Athinon team at +30 210-7777654, Monday through Friday, 8 a.m. to 7 p.m.

On the day of collection, please keep the following in mind:

- Collect the samples in a **calm and relaxed environment**, as stress and physical activity can affect sex hormone levels.
- The saliva sample **must not contain blood**, e.g., from gum bleeding or oral injuries.
- **Do not use mouthwash or any gargling solution.**
- Collect the sample **before brushing your teeth.**
- **Do not smoke** while collecting the saliva sample.
- Right before collection, rinse your mouth with **clean water** and begin sampling only once saliva flow has normalized.
- Apart from water, **do not consume any drinks (e.g., coffee) or food before collecting the saliva sample.** You may eat only after sample collection, as milk, dairy products, and food residues may contain significant amounts of hormones that could interfere with test results.

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For women, sample collection should preferably be done according to the phase of the menstrual cycle*.

- For a regular cycle (approximately every 27 to 29 days): collect the sample between the 19th and 22nd day of your cycle.
- For shorter or longer cycles: estimate 5 to 6 days before your expected period start date.
- For completely irregular cycles: try to collect the sample during the second half of your cycle and make sure to record the start date of your next period.

*The **first day** of your cycle is the day the period begins. In cases of very light bleeding, this also counts as the first day of the period. The **last day** of the cycle is the day before the next period starts. The **first phase** of the cycle lasts from the first day of the period until ovulation (follicular phase). The **second phase** lasts from ovulation until the day before the next period (luteal phase).

Postmenopausal women and men can collect the sample on any random day, but preferably during a phase when signs or symptoms are present.

If you are using hormone-containing products, please consult your doctor regarding the appropriate timing for sample collection. If you are taking tablets or capsules, we recommend collecting the sample approximately 12 hours after the last dose of the hormonal medication. Due to individual differences in metabolism and dosing, products containing hormones in the form of creams or ointments may require a longer waiting period before sampling (e.g., 24 hours after application).

Please also note that certain cosmetic products (e.g., facial creams) often contain significant amounts of hormones and may therefore interfere with the test results. Hair loss treatments may also affect hormone measurements if they contain hormonal substances such as alpha-trioliol.

3. Saliva sample collection instructions

1. Saliva collection should be performed in the morning immediately after waking up, and no later than 30 minutes after waking.

2. If collection is not performed in the morning, please be sure to record the exact time of collection, as reference values may vary depending on the time of day the sample is taken.

3. Using the plastic straw provided, direct the flow of saliva into the collection tube. Fill the tube approximately $\frac{3}{4}$ full with saliva (do not include foam in the measurement). Carefully close the tube.

4. Place the tube with the sample into the protective shipping sleeve and store it in your freezer until shipment.

Note: If you are being tested for heavy metals in saliva, please fill both collection tubes!

4. Sending the samples

Place the kit ice pack in the freezer for at least 8 - 10 hours before shipping the sample.

Place the protective mailing container containing the collection tube with the sample into the plastic bag labeled "Biohazard" and seal it. Then, place it inside the packaging box, along with the frozen ice pack and the completed forms (medical history form and requisition form).

Place the box in the return envelope, call your local ACS Courier representative, and send the sample to Diagnostiki Athinon at the recipient's expense.

If you are outside Greece, please phone or email Diagnostiki Athinon so we can send you the necessary return forms and arrange your appointment with the local DHL / FedEx representative.

>> Send the sample immediately after collection

>> Do not send the sample on Fridays or the eve of holidays