



# Compounding Solutions - Saliva Hormone Testing

## **THINGS TO REMEMBER:**

### The night before the test:

- Change your pillowcase to a clean pillowcase
- Remove all make-up
- Do not use any moisturizer on your face or your lips

### The morning of the test:

- Do not eat anything
- Do not drink anything
- Do not brush your teeth
- Do not smoke
- Rinse your mouth out with water (you may swallow the water or spit it back into the sink). This helps to ensure the sample is not contaminated.
- Diurnal Cortisol Testing? (please see below)

\*AM \_\_\_\_\_ \*Before lunch \_\_\_\_\_ \*Before dinner \_\_\_\_\_ \*Bedtime \_\_\_\_\_

**No food, drink, sex, or exercise 2 hours before each collection**

The sample is stable at room temperature for 14 days, so if you are unable to mail the kit the same day, it is OK.

Lab results will be sent to Compounding Solutions. It usually takes about 7 business days from the time you send off your sample for Compounding Solutions to get the lab results back. We will call you once we receive your lab test results and schedule a time to discuss the results with you.

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## **For Hormone Users:**

Be sure to allow 12 hours between the time you last use your hormone(s) and the time that you complete the test.

If you are taking Bio-Identical hormones in capsule form, be sure to test 12 to 24 hours after you take your capsule.

\*Failing to wait the appropriate amount of time may result in inaccurate representation of hormone levels.\*

## **Example:**

Kate uses Biest, Progesterone, and Testosterone in transdermal cream form. She also takes DHEA in capsule form. Because the test should be completed within the first hour of waking, Kate should determine what time she anticipates she will wake up the morning of her test. If she anticipates the time to be 7 am, she would need to use her cream at 7 pm (12 hours prior to testing) the night before the test and take her DHEA capsule between 7 am and 7 pm (12 to 24 hours prior to testing) the day before the test to ensure optimal results. Although this may vary from the schedule she typically follows regarding her hormones, she should follow these guidelines for testing purposes only and resume her normal schedule after the saliva test has been completed.

Questions?

ZRT Labs 1-866-600-1636 [www.zrtlab.com](http://www.zrtlab.com)

"How to" video - [www.salivavideo.com](http://www.salivavideo.com)