



Cambridge
Nutritional
Sciences

Adrenal Function Profile

SAMPLE COLLECTION PROCEDURE

IMPORTANT INFORMATION

Please read before doing the test

- **Do not** perform the test if you are pregnant, taking or have taken steroids or hydrocortisone containing medicine or creams in the past 7 days. If you are supplementing with DHEA do not perform the test. **Please do not stop any medication without consulting your physician.**
- **Avoid** all food and drink, chewing gum and smoking 30 minutes prior to collection of each specimen during the day. In case of doubt, rinse the mouth thoroughly with water 5 minutes prior to sample collection.
- Please avoid taking samples when wearing lip gloss or lipstick. If you are wearing any please wipe clean before collection.
- **Do not** collect saliva samples within 15 minutes of brushing teeth or after the use of dental floss.
- Do not include samples with any blood contamination (reddish tinge) or discolouration, or your sample will be rejected.
- Take all five samples on the same day. If you forget to take a sample **do not** substitute it with one from the following day. Please contact us for a further kit.
- You are advised to take your sample on a day which would most represent your usual waking hours. If these vary or this is not possible, please take as described below on a day that is convenient for you.

KIT CONTENTS

Ensure all kit contents are present:

1x sample collection pack containing:

- x 5 straws,
- x 5 saliva collection tubes,
- x 5 sample ID stickers,
- x 1 prepaid return envelope,
- x 1 request form.

If any items are missing or you require additional support please contact Cambridge Nutritional Sciences;

E: orders@camnutri.com T: 01353 863279

SAMPLE COLLECTION



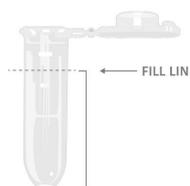
- 1 Before collecting your first sample fill in your personal information on the request form and on all the labels, leaving the date and collection time blank. **Failure to complete the labels correctly means your sample could be rejected.**



Put one saliva straw and one saliva collection tube by your bed ready for the first collection on waking.



- 2 Take your first sample (S1) as soon as you wake up, preferably whilst still in bed. Remove the saliva straw and the sample container from the packaging. Place the saliva straw in your mouth and use it to deliver your saliva into the sample container. Please ensure that the pointed end of the straw is placed in the saliva collection tube and not in your mouth.



- 3 Fill the container at least halfway (if possible $\frac{3}{4}$ full), excluding the foam from the measurement. If you have collected too much foam then close the saliva collection tube and store in the freezer for 2-3 minutes. Remove, and then tap the container so that the foam separates itself from the saliva liquid.



- 4 Using the correct label, in this instance S1 for sample one, write the date and the time of collection on the label before sticking it to the collection tube. Please use the 24.00 clock so there is no confusion over the time when the sample was taken.



Store in the fridge in the plastic bag provided with your kit until all remaining samples have been collected.

- Repeat steps 2-3 using a fresh straw for each of the remaining four samples collecting each sample at the times shown below.

Sample 2	30 minutes after waking	Use label S2
Sample 3	One Hour after waking	Use label S3
Sample 4	Between 6-8 hours after waking	Use label S4
Sample 5	Just before going to bed	Use label S5



- Once you have collected all the samples, place them together with your completed request form in the sample collection pack and return them to our laboratory in the prepaid return envelope.



Sit with a cookbook or food magazine and look at the pictures, or alternatively think of your favourite food/meal or cook it.

Can I take my sample over a couple of days?

No, your samples all need to be taken on the same day. If you are doing shift work then please take at the times that would 'represent' a normal day for you, i.e. when you wake up and throughout your waking time up and including to when you go to bed.

SYMBOLS

The following symbols may have been used within the labelling of this product.

	This product fulfils the requirements of Directive 98/79/EC on in vitro diagnostic medical devices.		Date of manufacture
	Do not re-use		Manufacturer
	Use-by date		Contains Sufficient for "n" Tests
	Batch code		In vitro diagnostic medical device
	Serial number		Temperature limit
	Catalogue number		Consult instructions for use
	Caution		Keep dry

FREQUENTLY ASKED QUESTIONS

I am currently taking medication can I still do the test?

If you are taking steroid or hydrocortisone containing medicine or creams in the past 7 days, do not perform the test. This includes inhalers and nasal sprays. If you are supplementing with DHEA do not perform the test.

NB: PLEASE DO NOT STOP ANY MEDICATION WITHOUT CONSULTING YOUR PHYSICIAN.

Any other medication that you routinely take should not affect the test.

Can I use a different method to collect the saliva?

To ensure your sample is not rejected, please use the collection tubes provided which have been validated for this test.

What if I cannot produce enough saliva?

Relaxing can greatly help saliva flow. We therefore suggest that before collection you relax, sit quietly for a few minutes and let the saliva accumulate in your mouth.

Some tips that may help stimulate saliva flow:

Move your tongue around in your mouth as this can stimulate saliva flow.