

# **TEST PREP:**

## **Plan for sample collection**

Consider **waking at 6am** on the day of collection.

**Consult your physician** if you have taken drugs or supplements within the past 3 months as they may influence hormone levels reported in this test. Do not change or discontinue medications unless instructed to do so by your healthcare provider.

## **1 hour before collection**

**Do not eat or drink** anything except water one hour prior to each collection. Remove all lip balm and lipstick before collecting saliva.

## **Day of the test**

**Wake at 6am** then use the **Specimen Collection Chart** included with your test to complete each saliva collection.