

# CORTISOL AWAKENING RESPONSE

## Testing Instructions

### 1 Choose Your Collection Day

Read all instructions thoroughly and decide the ideal day for you to test. Mark it on your calendar.

#### Men, Women & Children

- ▶ Collect any day of the month.



View the  
collection video at  
[www.zrtlab.com](http://www.zrtlab.com)

### 2 Hormone Users *skip this step if not using hormones*

- ▶ **Topical & Oral:** The day before testing, continue use of hormones as prescribed. Make sure any night dosage is applied at least 12 hours before planned morning collection. For example, dose before 8pm for an 8am collection. If using oral progesterone, your dosage can be right before bed.

Do NOT use bare hands for topical hormone application for at least two days prior to collection (apply hormones with gloves or applicator). Avoid using hormones on the face, lips and neck. Change sheets, pillow cases and hand towels the night before collecting. Avoid touching bathroom surfaces which may be contaminated with traces of hormones.

- ▶ **Troches or Sublingual Therapies:** DHEA supplementation – don't use sublingually 36 hours prior to testing; all other hormones please follow the Topical and Oral supplementation instructions.
- ▶ **7-Keto DHEA:** Avoid for 3 days prior to collecting. Does not apply to regular DHEA.
- ▶ **Steroids (e.g. glucocorticoids, hydrocortisone, prednisone):** Talk to your health care provider about appropriate timing.

### 3 Prepare for Collection

- ▶ Avoid anti-aging/anti-wrinkle facial creams for 3 days prior to testing as they may contain undisclosed hormones.
- ▶ Do not eat, drink (except water) or brush your teeth prior to your first 3 collections of the day or for the 2 hours prior to collecting throughout the day.

## 4 Collect Samples

Collection Timetable	# of Tubes	UPON WAKING Tube #1	30 MIN AFTER WAKING Tube #2	60 MIN AFTER WAKING Tube #3	BEFORE LUNCH Tube #4	BEFORE DINNER Tube #5	BEFORE BED Tube #6
<b>Cortisol Awakening Response Profile</b>	<b>6</b>						

### STEP 1

Begin collecting your first saliva sample into one of the tubes within 5 minutes of waking for the day. Wash hands with soap and water. Use a clean towel to dry hands. Rinse your mouth with water.



### STEP 2

Allow saliva to pool in mouth, then transfer to tube. Fill tube at least half full, not including bubbles. Sample should be collected as quickly as possible (within 5 minutes). When done, cap the tube.

**Tip:** Smelling food, yawning or pressing the tip of your tongue against your teeth can all help with saliva flow.



### STEP 3

Write your name, the date and time of collection on the tube.

*Place the tube back into the bag.*

### STEP 4

Repeat this process for the remaining collection times using the tubes provided. Do not eat, drink (except water) or brush your teeth prior to your first 3 collections of the day or for the 2 hours prior to collecting throughout the day.

## 5 Finish & Send



### STEP 1

Complete all paperwork. Make sure all sections are filled in and your form is signed.



### STEP 3

Place the entire test kit box inside the return packaging. Affix the prepaid label or postage if applicable. Return using the appropriate carrier.

Samples will remain stable under average shipping conditions, including over weekends and holidays.



### STEP 2

Place the samples, the Test Requisition form and any additional paperwork back into the plastic test kit box.

Make sure to include payment (if applicable).

Snap test kit lid shut.

## Important

- ▶ Each saliva sample must fill the tube at least half way, not including bubbles.
- ▶ Mistake collecting saliva? Rinse your tubes out with hot water (no soap), shake out remaining water, and air dry. Restart your collection at the appropriate time.
- ▶ Freeze any samples not being shipped within 24 hours. Samples will be stable during shipping.