



Saliva Testing

FAQ's

1) Who can be tested?

Anyone who has started cycling and is having symptoms. Symptoms include: PMS, Irregular cycles, moodiness, irritability, insomnia, hot flashes and fatigue.

2) While I am testing, can I take my hormones?

Usually YES, however there are a few exceptions. Talk with your provider on how to manage your hormones.

3) Am I allowed to continue my vitamins and supplements?

YES! You may continue your vitamins and supplements.

4) What day do I test?

If you are cycling, you will want to test on day 19 of your cycle. The cycle starts on the first day of your period. If you are menopausal, you may test any day.

5) How do I increase my saliva?

Ways to increase your saliva include smelling a lemon or chewing white sugarless gum. You may also continue to chew the white sugarless gum while you are testing.

6) Can I drink coffee while testing?

Preferably not. However, if you develop a headache, you may have 1 cup after your first morning sample.

7) What happens if I accidentally eat something on the foods to avoid list?

As long as it is only 1 bite, or under 1 tablespoon you may continue to test. Otherwise you will have to rinse all your tubes with warm water, and let them air dry and re start the test another day.

8) What if I forget to put my saliva specimen in the fridge?

It may sit out at room temperature for 24 hours, and then mailed immediately.

It is preferred to be put in the fridge or freezer. It may be kept in the freezer for up to one month before being mailed out.

9) How long does it take for the test results to come back?

Please allow 2 weeks for the results to come in. If over a holiday, please allow 3 weeks.