

Advanced Adrenal Stress Test

DUN1600

Read all instructions carefully before beginning

Important information

- Samples must only be collected and shipped on Monday, Tuesday or Wednesday.
- The sample must be shipped within 24 hours of collection.

Patient preparation

- Do not take part in rigorous exercise 24 hours before collecting your samples.
- Do not eat or drink anything other than water for one hour before collecting each sample.
- Do not consume caffeine before the samples have been collected.
- Do not stop taking any nutritional supplements for this test.
- Ensure the samples are collected on a typical day not an atypically stressful or relaxed day.

Kit contents

- 1 test requisition form
- 1 biohazard bag
- 4 salivette tubes
- 1 unpaid addressed grey mailing bag

Collection intervals

This test monitors changes over a day. There are four samples to be collected.

1. Collect the first sample **within 30 minutes of waking**.
Write the time of the sample on the tube and tick the AM box.
2. Collect the second sample between **11:00 AM and 1:00 PM**.
Write the time on the tube and tick the relevant AM or PM box.
3. Collect the third sample between **4:00 PM and 6:00 PM**.
Write the time on the tube and tick the PM box.
4. Collect the final sample between **10:00 PM and midnight**.
Write the time on the tube and tick the PM box.

Sample collection

1. Rinse your mouth with water before each collection.
2. Remove the cap from the salivette tube and remove the cotton plug. Do not remove the hanging insert.
3. Place the cotton plug into your mouth and gently chew the cotton for 1-2 minutes until fully saturated.
4. Place cotton plug back into the salivette tube and secure the cap.

5. Write in block capitals, using a permanent marker, the following information on the test requisition form and each of the salivette tubes. Unlabelled tubes will not be processed.
 - Your full name
 - Your date of birth
 - Date of collection
6. Repeat the collection process (steps 1 – 5) using a fresh salivette tube and cotton plug for each collection interval.
7. Once all four intervals are completed, place all four specimens into the biohazard bag.
8. Place the completed test requisition form in the outside pocket of the biohazard bag. Check that the collection date and times have been recorded on the test requisition form.
9. Store the tubes in refrigerator (2–8°C) until shipping.
10. Place the samples into the test kit box and prepare for shipping.

Sample shipping

UK:

Place the completed test kit into the unpaid addressed grey mailing bag. Take the sample to the post office and send “Special Delivery Guaranteed by 1pm” on a Monday, Tuesday, or Wednesday only.

EU:

To arrange sample shipment, contact your local FedEx depot at least 24 hours prior to your chosen sample collection date.

Place the completed test kit inside the FedEx clinical pack provided. Ensure the FedEx clinical pack is completely sealed, and the FedEx shipping documents are visible inside the clear document holder.

Outside the EU:

Arrange an international priority service directly to the laboratory using a courier of your choice. A FedEx clinical pack is provided if required.

The address of the laboratory is provided on the mailing bag.

Do not send the sample through the postal service. It is illegal to ship biological samples using the US postal service.

It is advisable to contact Invivo ahead of shipping to make them aware of an international delivery.