



Rocky Mountain Saliva (RMA) Profile Instructions	Patient Handout
Collection Materials	
<ul style="list-style-type: none"><input type="checkbox"/> 4 Large collection tube<input type="checkbox"/> Biohazard bag<input type="checkbox"/> Requisition Form<input type="checkbox"/> Box	
Patient Preparation	
<ul style="list-style-type: none"><input type="checkbox"/> Be careful to avoid contamination of the collections.<ul style="list-style-type: none">o Contamination of sample occurs when topical hormones enter the saliva or tube during collection. This can happen when traces of hormones present on skin or other surfaces (e.g. bed linens, towels, doorknobs, faucets), touch the lips, face, or tube during saliva collection.<input type="checkbox"/> You should collect the saliva:<ul style="list-style-type: none">o Men – Any dayo Women:<ul style="list-style-type: none">▪ Regular 28 day cycle: you should collect the saliva on day 19-21. Day 1 being the first day of bleeding.▪ Irregular period: Collect when not bleeding (closest to days 19,20,21 as possible)▪ No periods: Collect on any day.<input type="checkbox"/> The RMA saliva test should be collected on the same day as Calgary Labs and the Meridian Valley 24 hour urine collection if you are doing these tests as well.<input type="checkbox"/> You should take any hormones as normal the day/night before the collection. But DO NOT take any hormones the day of the test.<input type="checkbox"/> Before each saliva collection:<ul style="list-style-type: none">o Wash hands, dry with clean towelo Nothing to eat or drink for at least two hours before each collection with the exception of water.o Rinse mouth with water 10 minutes prior to collectiono Allow extra time to collect - it can take 15 to 30 minutes to fill the tube half full depending on saliva flowo Allow saliva to flow into the tube: avoid phlegmo Please fill out the questionnaire accurately, with all hormone names, dosage and frequency listed.	
Saliva Collection	
<ul style="list-style-type: none"><input type="checkbox"/> You will be doing 4 collections throughout the same day:<ul style="list-style-type: none">o The first tube is collected 20-30 minutes after awakening in the morning and before eating.o Collect the other 3 tubes at noon, evening (4-7pm), and at bedtime (approx. 4-5 hours apart), and before eating.o Please make sure that you label all four tubes with the time of each collection and record times on the requisition form.<input type="checkbox"/> Remember you can not have anything to eat or drink other than water for 2 hours before each collection.<input type="checkbox"/> Wash and dry hands (use clean towel) and rinse mouth with cool water five minutes before collection.<input type="checkbox"/> Fill each tube at least 3/4 full (not including bubbles).<input type="checkbox"/> If you find that you are having trouble with dry mouth try:<ul style="list-style-type: none">o Pressing tip of tongue against teeth.o Smelling (not eating) a lemon or other foods can start the saliva flow.o YAWNING can help saliva pool in mouth.<input type="checkbox"/> If you cannot get enough saliva, cap and freeze the tube with amount already collected; resume filling at the same time the next morning (up to 5 days max.) until tube is at least 3/4 full.	

- If you make a mistake while collecting the saliva just rinse out the entire tube with hot water (no soap) and allow to air dry. Start over using the same tube.

Shipping the Specimen

- Refrigerate your the tubes once the collections are done please return to office the next day.
- Freeze the sample if you are unable to return by next day, make sure you make a note on the requisition form.
- Complete all sections on the Test Requisition form with black ballpoint pen (Male/Female side of form). (Personal information, questionnaire, hormones/medication/supplement use, and collection date and times.
- Return the test kit to the Hoffman Centre as soon as possible.
- If you are shipping the specimen yourself please make sure that you contact the Hoffman Centre for everything that you will need or further instructions.

For any further instruction please feel free to contact us at: 403-206-2333.