

Frequently Asked Questions

This section is to provide general information only. For additional details, please contact your provider directly. Please do not call the lab with questions, as we are only able to take calls regarding medications and supplements directly from healthcare providers.

1. How long does it take to process the test?

On average, 5-7 business days from the day it is received.

2. If I collect my sample outside of the designated time frame, will it affect my test results?

You can collect your samples for up to one hour, before or after, the specified times. If you collected more than an hour outside of these times, you will need to recollect all of your samples (unless otherwise instructed by your provider). Please contact your provider for an additional test kit.

3. How much is the test?

For test fees, please contact your ordering healthcare provider. Please do not contact the lab.

4. What if I collect into the wrong vial?

Simply change the labels on the vials in question to match your corresponding collections.

5. I am taking a certain medication or supplement. Do I need to discontinue while doing the test?

Call your physician; he or she can phone us for clarification. Please do not contact the lab.

6. What if I brushed my teeth or consumed food or liquids less than an hour before collecting a sample?

You will need to recollect. Please contact your provider for an additional test kit.

7. I am a resident of New York State. Can I do testing through your lab?

No. New York State has additional licensing requirements that we have chosen not to pursue at this time.

8. Can you send me an itemized statement?

If you send payment to us directly, we will automatically send you an itemized insurance statement. If you paid your physician, please contact him or her for a statement.

Shipping Instructions

- Complete the patient portions of the test requisition form (front and back).
- Write your name and date of birth on all vials.
- Write your name and address on top of shipping box.
- Ship samples within 3 days of collection (keep refrigerated until shipment).
- Be sure required test orders are marked on the form. If they are not marked, please contact your provider for test orders.
- Include check or credit card information and copy of Medicare or insurance card if applicable. Please do not send cash.
- Place vials, requisition form, and payment into shipping box.

■ **US Domestic:** Tuck front flap into box and seal with UPS mailing label (included in box). Place label within dashed lines and adhere over front edge. Send from your most convenient UPS location. Replacement and expedited UPS labels are available on our website: www.diagnostechs.com/Pages/ShippingInfo.aspx



■ **International:** Delivery charges do apply. Seal box with clear tape. International deliveries should be addressed to the physical address only (see address provided below). Deliveries can be made Monday through Friday via a private courier of your choice. Discounted return UPS labels are available on our website at: www.diagnostechs.com/Pages/ShippingInfo.aspx

Diagnos-Techs, Inc.
Sample Processing
6620 South 192nd Place, J-106
Kent, WA 98032 USA



Adrenal Stress Index Panel™

Specimen Collection Instructions

Use this collection kit for the following panels or individual tests:

Panels

- **ASI - Adrenal Stress Index** (includes: TAP (Cortisol x4), DHEA/DHEA-S, Insulin (fasting and non-fasting), MB2S, FI-4 & P17-OH)
- **NLASI - TAP Panel with DHEA/DHEA-S** (includes: TAP (Cortisol x4) and DHEA/DHEA-S)
- **TAP - Temporal Adrenal Profile** (includes Morning, Noon, Afternoon and Midnight Cortisols)
- **ISN - Insulin** (includes fasting and non-fasting insulin)

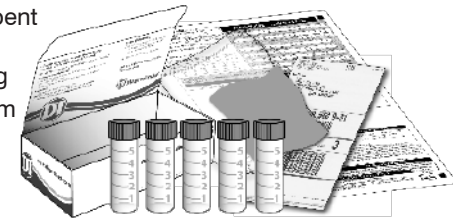
Individual Tests

- Cortisol x4
- DHEA/DHEA-S
- Insulin (fasting)
- Insulin (non-fasting)
- 17-OH Progesterone (P17-OH)
- Total salivary sIgA (MB2S)
- Gluten (gliadin) sIgA (FI4)

Contents

4 Blue-capped 5ml vials containing cotton
1 Blue-capped 5ml vial without cotton

Orange absorbent shipping pad
Resealable bag
Requisition form
Preprinted shipping label (U.S. only)



General Guidelines

Please read ALL instructions before starting to collect and fill out the back of the requisition form accordingly.

Unless instructed otherwise, always complete all 5 saliva collections per instructions below for any single test or test combination ordered. Collect on a day that represents your typical and usual lifestyle. **Write your name and date of birth on all vials and on the front of the test requisition form.**

3-5 days prior to collection:

Unless your provider instructs you otherwise, avoid taking sublingual/transmucosal hormone preparations (troches, pellets, drops). Instead, swallow these preparations orally (for liquid preparations, mix with a few ounces of water).

The entire day before collection and throughout the day of collection: Avoid all hormones (regardless of form), and all topical skin care products unless directed otherwise by your provider. If you have any questions, please follow-up with your provider. Please do not call the lab.

Dietary restrictions on day of collection:

Please consult with your provider regarding whether to avoid coffee, tea, or other caffeinated or decaffeinated beverages (products labeled “caffeine-free” are okay).

NOTE: Consult your physician if using spironolactone, progesterone, corticosteroids (including hydrocortisone preparations), or any other drug or hormone; and/or if you have any questions.

Saliva Collection

All samples must be collected on the same day, starting with the morning vial and ending with the midnight vial. Suggested collection times are as follows:

Waking/Morning/Fasting (no food or drink for 6-8 hrs.):

Collect within the first 30 minutes of waking, ideally between 6am-8am.

Noon: 11am-1pm

Afternoon: 4pm-5pm

Midnight/Bedtime: 10pm-Midnight

H vial (no cotton): Collect at least one hour away from all other vials. A morning or mid-day collection is preferred.

60 minutes before each collection: Avoid smoking, brushing or flossing your teeth, using mouthwash, and eating or drinking anything except water.

3-5 minutes before each collection: Rinse mouth thoroughly with cold water for approximately 30 seconds. Wash hands prior to handling cotton roll or vials.

Collect saliva by removing cotton roll from appropriate collection vial and placing cotton roll under your tongue. Hold it there until mouth refills with saliva, which may take up to 20 minutes. Do not chew or suck on the cotton roll. Once saturated, return cotton roll to the collection vial and cap tightly.



If you experience difficulty saturating the cotton roll, you may discard it and collect saliva into the vial directly. For collection without using cotton, fill the vial up to the third line from the bottom or at least half-full (excluding bubbles). To reduce the amount of bubbles, cap vial and place in the freezer for 2-3 minutes. Remove vial from freezer and lightly tap vial on a countertop or tabletop. This should help to settle the bubbles and enable further collection.

If you have difficulty producing sufficient saliva:

Chew dental-grade paraffin wax; smell a lemon wedge, vinegar, or pickle juice; or smell your favorite food item to promote flow. Collect saliva 2-3 minutes later.

Cap vial tightly and place in the provided resealable bag with orange absorbent shipping pad. Upon collection, **REFRIGERATE** each sample and **ship all samples together the next day (preferred) or within 3 days of collection.** Follow the shipping instructions outlined on the back of this instruction pamphlet.

After **ALL** samples are collected, return them along with the **test requisition form** (do not include this instruction pamphlet). Prior to shipping, double-check that your name and date of birth are printed on each vial and the front of the test requisition form.



Carbohydrate Stimulation Test

In some patients, it can be helpful to test the insulin response after eating a carbohydrate-rich meal. This can be useful in evaluating for sugar dysregulation and insulin resistance. **If your provider advises** you to perform a carbohydrate stimulation test, please do the following: consume 75 grams of carbohydrates as part of a meal (which may include fat and protein) 60 minutes prior to your **NOON** collection. The following **EACH** contains 15 grams of carbohydrates, so choose five in any combination to achieve a total of 75 grams of carbohydrates. For additional food choices, visit **www.diagnostechs.com:**

- 1 slice bread (white or wheat)
- 1/3 cup cooked rice (white or brown)
- 1/2 cup cooked pasta (white or wheat)
- 1/3 cup dried beans or peas
- 3 cups popcorn (air-popped)
- One 6-inch tortilla
- 1/2 cup mashed potatoes
- 1 cup squash cubes
- 1/2 cup apple or orange juice
- 1 small fruit (apple, orange, etc.)
- 3/4 cup blueberries
- 1/4 cup dried fruit