



Advanced Adrenal Stress Test

PLEASE READ BEFORE YOU BEGIN!

Please only ship **MONDAY– THURSDAY** due to office being closed over the weekends.

Collection Instructions

1. Check your kit! If any items are missing or damaged, contact Dunwoody Labs at (678) 736-6374. This kit should include the following:

Quantity	Item name
1	Requisition Form
1	Biohazard Bag with Gauze Pad
1	Prepaid Shipping Label
1	Laboratory Shipping Pack
4	Salivette Tubes

2. This test requires overnight shipping. Please ship Monday through Thursday. If blood is collected on a Friday, refrigerate the sample and ship the following Monday.
3. **1st Sample:** Collect the first sample within 30 minutes of **waking**. Write the time on the tube and check the AM box.
4. **2nd Sample:** Collect the second sample at **Lunch Time** at least 4 hours after the first sample. write the time and check the AM/PM box.
5. **3rd Sample:** Collect the third sample at **Dinner** at least 4 hours after the second sample. Write the time on the tube and check the PM box.
6. **4th Sample:** Collect the final sample at **bedtime** at least 4 hours after the third sample. Write the time on the tube and check the PM box.

Sample Stability: 6 days at 4C (refrigerate). These stabilities offer you the ability to draw on a Friday, and ship the samples on Monday. We ask that they are received by the laboratory within 6 days of collection. Do not freeze the samples.



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INSTRUCTIONS

DO NOT EAT OR DRINK (besides water) for one (1) hour prior to sample collection. Rinse your mouth with water immediately before collecting the samples.

Collection Instructions

1. Collect the saliva in the each of the tubes provided.
2. Remove the cap from the tube and remove the cotton plug. Do not remove the suspended insert.
3. Place the cotton plug into your mouth and gently chew the cotton for 1-2 minutes until fully saturated.
4. Using a permanent marker, write the **patients first and last name, date of birth**, and **date of collection** on each sample tube.
5. Store sample in the refrigerator at 2-8 °C until ready to ship.

Shipping Instructions

1. Make sure the specimen tubes are properly labeled.
Due to federal regulations, improperly labeled tubes cannot be processed.
2. Place the tube(s) inside of the biohazard bag and seal the bag. Do not remove gauze pad.
3. Complete the Test Requisition Form, fold and place the form within the outer pocket of the biohazard bag.
4. Place the biohazard bag into envelope.
5. Seal the shipping envelope and place it inside the shipping box.
6. Place the shipping box inside the lab mailing pack.
7. Attach prepaid shipping label.
8. Take the package to the shipping carrier's storefront location or call the carrier to schedule a pickup.

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