

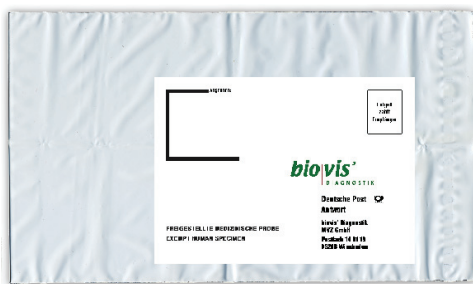
Instructions Saliva Hormone Test

Dear patient,

to ensure a high diagnostic certainty of the saliva examination, please follow the sample taking instructions carefully!

Content of saliva test set:

- 1 x Request Form including test instructions
- 2 x Sample Container
- 1 x Shipping Bag



Important notes

Before carrying out the test, you are requested to please:

Avoid sexual contact from 24 hours before the test.

Avoid foods such as meat, dairy products, soy, cucumbers and pulses the day before the saliva test. Also, do not consume alcohol, chocolate or nicotine.

Women: Progesterone levels usually fluctuate during the monthly cycle. There is almost no progesterone in the first half of the cycle, and progesterone levels rise sharply in the second half. It is therefore important when you do the saliva test.

The ideal time for women who still have their menstrual cycle is on 22nd day of the cycle. In any case, the test should be taken in the second half of the cycle.

For women who no longer have a cycle, it does not matter on which day the test is taken.

Men can do the test every morning on an empty stomach.

Medications containing hormones need to be considered in the therapy. Therefore, please list in the medical history any of the following if applicable - the pill, synthetic hormones and hormones such as those found in hormonal IUDs, hormone patches, depot injections, etc.

Take the test in the morning on an empty stomach.

Procedure for collection of saliva:

- Before the test, please rinse your mouth thoroughly several times with plenty of fresh water. Then wait for 5 minutes.
- Gum bleeding may falsify the result. If you notice that the saliva in the test tube has a slightly pink colour, rinse the tube, wait a while and repeat the procedure.
- Collect a sufficient amount of saliva in your mouth and put it directly into the tube with the red screw cap (morning tube). Repeat until tube is at least half full (approx. 3 ml on the scale) and close it tightly.

Please make sure to label the tube with your name and sampling time.

The minimum filling quantity must be observed for the performance of all requested tests!

- Fill the second tube with the white screw cap in the same way 30 minutes later.

Make sure to label it with your name and sampling time as well.

- Keep saliva samples refrigerated until dispatch.
- Send the saliva samples to biovis' as soon as possible using the enclosed shipping envelope.

Important: Sign patient declaration!



Patient Statement:

I herewith agree with the requested tests. I have been informed about the costs.

Place and Date

Signature/Legal Representative



S P H - 5 - 2