

Melatonin Determination (2 a.m.) (O360)



Saliva Test Instruction

Take saliva samples at 2 a.m.

The test set contains the following materials:

- 1 x request form*
- 1 x instructions*
- 1 x saliva specimen tube with label*
- 1 x transport tube - white*
- 1 x Postversandtasche*

Instructions:

Please rinse your mouth with clear water first.
The sample has to be taken before brushing your teeth or at the earliest 30 minutes after brushing your teeth.

Important!!!! The samples have to be taken in a dark room!!!

Procedure:

- The saliva specimen tube has to be filled at 2 a.m.
- Put the saliva into the tube (the tube has to be half full – without foam!!!!)

Please be sure to label the sample containers with:

- *Name*
- *Date*
- *Time*

Now put the labelled saliva specimen tubes into the transport tube (white) and put it into the shipping envelope together with completed request form.

Ship as soon as possible!

Please keep samples in the fridge until shipping.