

COLLECTION INSTRUCTIONS

Your 4-point saliva collection

This test maps your cortisol rhythm and DHEA-S across a single day. Because cortisol naturally rises and falls, four saliva samples at set times are needed – so timing is everything.



A simple test you do at home

Your kit and instructions are posted directly to you – no collection centre visit needed. Collect your four samples across one day, then mail them back to the lab in the prepaid packaging provided.

1 Your collection day

Choose a normal, non-stressful day and collect all four samples on that **same day**. Collect at these times unless your practitioner advises otherwise.

01



MORNING

6–8 am

within 30 min of
waking

02



MIDDAY

12–1 pm

before lunch

03



AFTERNOON

4–5 pm

late afternoon

04



EVENING

8–10 pm

just before bed

The morning sample matters most. Collect it within 30 minutes of waking, before eating, drinking anything but water, or brushing your teeth – this captures your natural morning cortisol peak.

What this test measures

Cortisol – Daily Total

Cortisol – Morning

Cortisol – Midday

Cortisol – Afternoon

Cortisol – Evening

DHEA-S

DHEA-S / Cortisol ratio

2 Before you collect

A little preparation keeps your results accurate. Follow these on your collection day – and in the two hours before *each* sample.



Avoid all day

Strictly avoid caffeine, alcohol and nicotine (smoking) on your collection day, unless your healthcare provider tells you otherwise.



2 hours before each sample

Do not eat, brush or floss your teeth, or use mouthwash. You may drink a little water during this time.



Just before

Wash your hands thoroughly with soap and water, and rinse your mouth with water 15 minutes before collecting.

IF YOU USE HORMONES

Hormone & supplement users

Continue your medications as prescribed – you do **not** need to stop them **unless advised by your practitioner**. If you use any hormone or steroid product (for example a cortisol/hydrocortisone cream, or a DHEA supplement), note it on your request form and follow the timing below.

Product type	When to collect your sample
Creams / gels / capsules	12–24 hours after last dose
Troche / sublingual	36 hours after last dose
Patches	24–48 hours after applying patch
Injections / pellets	Midpoint between treatments

Feeling unwell on your chosen day?

Cortisol can be affected by acute illness, so if you're unwell, poorly slept, or having an unusually stressful day, it's best to pick another day that reflects your typical routine. If you're ever unsure about any step, contact the lab on **info@i-screen.ai before you begin**.

3 Collecting each sample

Repeat these steps for all four tubes, at the four times shown on page 1.

- 1 Wash your hands, then rinse your mouth thoroughly with water and wait at least **15 minutes** before collecting.
- 2 Unscrew the lid of the collection tube and hold it to your lips.
- 3 Tilt your head forward and let saliva pool naturally inside your mouth.
- 4 Allow saliva to **passively pool into the tube** – don't force or spit. Continue until you reach the fill line with liquid saliva.
- 5 **Fill the tube to the line with liquid saliva.** Avoid foam or bubbles – tap the tube with a fingernail or on a hard surface to settle them. Insufficient samples cannot be processed.
- 6 During collection, don't cough, clear your throat, or draw mucous from the back of your throat into the tube.
- 7 Screw the cap on **tightly** to avoid any leakage in transit.
- 8 Label the tube straight away with the details in the checklist below – **the collection time is essential** for reading your cortisol rhythm.

Label every tube with:

- ☒ Your **first name and surname**
- ☒ Your **date of birth**
- ☒ The **exact time collected** (including am or pm)
- ☒ The **date of collection**

Storage: Keep collected tubes at room temperature until you post them – they do not need to be frozen or refrigerated. Send all four samples together, on the same day you finish collecting.

4 Packing & sending

- 1 Check your **request form** is complete – full name, date of birth, address and contact number. Details must match your tube labels.
- 2 Place all four labelled tubes into the **sealable** section of the specimen transport bag, and the request form into the **non-sealable** pocket.
- 3 Seal everything inside the **prepaid return envelope** provided and post it via your nearest Royal Mail post box or Post Office the same day.

Your results: Once the lab receives your samples, results and personalised insights appear in your secure i-screen dashboard, typically within **10–12 days**. We'll email you as soon as they're ready.