

COLLECTION INSTRUCTIONS

Your saliva collection

This test measures your reproductive and stress hormones from a single morning saliva sample. Collecting at the right point in your cycle – and early in the day – is what makes your result meaningful.



A simple test you do at home

Your kit and instructions are posted directly to you – no collection centre visit needed. Collect one saliva sample at home, then mail it back to the lab in the prepaid packaging provided.

1 When to collect

Two things matter: the right **day in your cycle**, and collecting **early in the morning**.



PERIOD STARTS

Day 1

first day of bleeding



COLLECT

Day 21

or 7 days before your next period



NEXT PERIOD

~ Day 28

the cycle repeats

Why day 21 – and how to adjust it to your cycle

Day 21 targets the **mid-luteal phase** – about 7 days after ovulation – when progesterone peaks and its balance with oestrogen is most informative. Because the phase after ovulation stays roughly constant whatever your cycle length, counting back **7 days from your next expected period** reliably lands in this window.

Collection day = your usual cycle length – 7 (day 1 = first day of your period)

24 → day 17

26 → day 19

28 → day 21

30 → day 23

32 → day 25

35 → day 28

Collect first thing in the morning, before 10 am – before eating, drinking anything but water, or brushing your teeth. Cycle irregular or no periods? Collect on any morning, or as advised. Unsure which day is right? Email us at info@i-screen.ai.

What this test measures

Oestradiol (E2) Oestrone (E1) Oestriol (E3) Progesterone (P4) Oestrogen Quotient
Progesterone Ratio Testosterone DHEA-S

2 Before you collect

A little preparation on your collection morning keeps your result accurate.



Before you collect

Avoid caffeine, alcohol and nicotine (smoking) on your collection morning – and ideally avoid alcohol the night before – unless your provider advises otherwise.



2 hours before

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 HORMONE THERAPY

Hormone & bio-identical therapy users

This test is often used to monitor how you're responding to treatment. Continue your hormones as prescribed – you do **not** need to stop them **unless advised by your practitioner**. Note the product and type (for example oestrogen or progesterone cream, or a troche) on your request form, and collect your sample using the timing below so your result reflects your treatment accurately.

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

3 Collecting your sample

You'll collect one saliva sample. Take your time and fill the tube properly – an insufficient sample can't be processed.

- 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.
- 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.

Label your tube with:

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

Storage: Keep your sample at room temperature until you post it – it does not need to be frozen or refrigerated. Send it back the same day you collect.

4 Packing & sending

- 1 Check your **request form** is complete – full name, date of birth, address and contact number. Details must match your tube label.
- 2 Place your labelled tube 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 sample, your results and personalised insights appear in your secure i-screen dashboard. We'll email you as soon as they're ready.