

Melatonin Hormone Profile

TEST KIT INFORMATION

You are about to do a Healthscope Functional Pathology Melatonin Hormone Profile test designed so that you can collect specimens in the privacy of your own home. Melatonin is secreted with a distinct circadian rhythm - stimulated by darkness, inhibited by light and independent of sleep. Due to its circadian rhythm, melatonin must be collected at midnight in the dark (2400) and again on rising (between 0600-0800).

To do this test you will need to collect two (2) saliva specimens at the set times given. Please follow the instruction steps in sequence and then tick the checklist below when you have completed your test. The test kit instructions contain all the information you need to successfully complete this test.

Test Kit Contents:

- 2 saliva specimen tubes
- Clear plastic specimen bag
- Reply Paid Envelope

Note: Saliva specimens must be collected on a Monday, Tuesday or Wednesday to ensure they are returned by post to Healthscope Functional Pathology before the close of business on Friday.

COLLECTION INSTRUCTIONS

Step 1 – Preparation for the Test

- Avoid all foods and drink (except water) 30 minutes prior to collection of each specimen
- Do not brush your teeth or apply make-up/lipstick prior to saliva collection
- The midnight saliva specimen must be taken in a darkened room, with a low light if necessary. Bright and/or fluorescent lights will reduce the production of melatonin
- If you are taking a melatonin troche, you must stop for 3 days prior to the test. You do not need to stop if you are taking melatonin capsules/tablets

Step 2 - Saliva Collection – 2 saliva specimens

- This test monitors melatonin levels at midnight (2400) and on rising (between 0600-0800)

- **A total of 2 specimens must be collected, first at midnight (2400) and then on rising (between 0600-0800)**
- Wash your hands thoroughly before handling the saliva specimen tubes as creams or other substances may contaminate the saliva
- Rinse your mouth out with water
- Fill the saliva specimen tube with saliva from the front of your mouth up to the red line on the label

Important – do not express mucous or sputum from the back of the throat into the saliva tube

- Replace the cap evenly and securely and wipe off any saliva on the outside of the tube
- Write your name, date of birth, date and time of collection and day of your cycle on the label of the saliva specimen tubes
- Place the saliva specimen tubes in the sealed section of the clear plastic specimen bag

Step 3 - Returning Specimens to Healthscope Functional Pathology

- Put the sealed clear plastic specimen bag with the **practitioner request form** back inside the test kit. Put the test kit into the reply paid envelope and post immediately. Note: a stamp is not required if posted in Australia
- Saliva integrity is maintained at room temperature during delivery to Healthscope Functional Pathology

Step 4 - Payment

All Healthscope Functional Pathology tests must be prepaid at the time of ordering. If you have not already paid for this test, payment must be made by attaching a cheque or money order, or enclose Visa or MasterCard details on the practitioner request form

- Enclose your payment with the practitioner request form

How Can I Produce Enough Saliva?

- **Firstly RELAX! Sit quietly for a few minutes and let the saliva accumulate in your mouth until you feel ready**
- **Some tips that may help stimulate saliva flow:**
 - Press the middle of your chin with your finger (this is an acupressure point)
 - Sit with a cookbook or magazine and look at the pictures
 - Think of your favourite food/meal or cook it!

CHECKLIST

- Ensure you have followed steps 1 to 4
- Ensure our contact details are on the **practitioner request form**
- Place the practitioner request form and the saliva specimen tubes in the clear plastic specimen bag
- Put everything back into the test kit and then into the reply paid envelope. Seal and post immediately

Test results will be sent directly to your practitioner. Healthscope Functional Pathology thanks you for taking the time to complete this test carefully.

Frequently Asked Questions (FAQs)

- **What if I can not produce enough saliva?** Remember to relax, take your time and refer to the tips for saliva collection in the test kit instructions
- **What if I forget to collect my specimens at the set times?** You will need to wait and do the test the following day. Both specimens must be collected on the same day
- **What if I have completed my test on a weekend?** Store your specimens in the freezer and post immediately on a Monday
- **I am taking vitamin/mineral supplements. Will this affect the test results?** No. It is not necessary to stop taking supplements to complete this test unless directed by your practitioner
- **If I am on prescribed medication will it affect this test?** If you routinely take certain medications you should continue to do so during the test unless instructed otherwise by your practitioner.
- **What if I want additional hormones tested?** A number of hormones can be tested from the same saliva specimen. If your practitioner has requested additional hormones and you are unsure about their collection, please contact Healthscope Customer Service on 1300 55 44 80 between the hours of 8.30am and 5.30pm (AEST)