



Secretary IgA (sIgA)

Test Kit Information

You are about to do a Healthscope Functional Pathology Secretary IgA (sIgA) test, designed so that you can collect specimens in the privacy of your own home. This test requires one (1) saliva specimen.

Please follow the steps below 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

- 1 saliva specimen tube
- Clear plastic specimen bag
- Reply paid envelope

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

Collection Instructions

Step 1 - Preparation for the Test

- Fast overnight from 10pm before you collect the morning saliva specimen (water may be consumed during this time)
- Do not eat, drink, brush your teeth or apply make-up/lipstick prior to saliva collection

Step 2 - Saliva Collection

Between 6.00am and 8.00am

- Wash your hands thoroughly before handling the saliva specimen tube as creams or other substances may contaminate the saliva
- Rinse your mouth out with water 5 minutes before saliva collection
- Fill the saliva specimen tube with saliva from the front of your mouth to the red line on the label
- Write your name, date of birth and date of collection on the label of the saliva specimen tube

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

- Place the saliva specimen tube in the sealed section of the clear plastic specimen bag

Step 3 - Returning specimens to Healthscope Functional Pathology

- Put the 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 pre-paid 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 credit card details for Visa, MasterCard or Bankcard 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 are comfortable**
- **Some tips that may help to 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 your contact details are on the **Practitioner Request Form**
- Place the Practitioner Request Form and the saliva specimen tube in the clear plastic specimen bag
- Put everything back into the test kit and then into the reply paid envelope 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 specimen at the set time?** You will need to wait and do the test the following day
- **What if I have completed my test on a weekend?** Store your specimen in the freezer and post immediately on 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 instructed otherwise by your practitioner
- **If I am on prescribed medication will it affect this test?** If you routinely take certain medications you should continue doing so during this test unless instructed otherwise by your practitioner