

Collecting Salivary DHEA

Sample Collection Method Overview

✓ Passive Drool

+ Special Considerations

DHEA is very sensitive to freeze-thaw cycles. Sample collection, storage, and handling needs to be carefully designed to minimize the impact of the sensitivity of this analyte to storage and handling.

Consult the literature to determine whether DHEA or DHEA-S is the most appropriate analyte for your studies purposes.

+ Sample Collection (General Procedure)

Before Sample Collection

- Avoid foods with high sugar or acidity, immediately before sample collection, since they may compromise the assay by lowering saliva pH and increasing bacterial growth.
- Document consumption of alcohol, caffeine, nicotine, and prescription/over-the-counter medications within the prior 12 hours.
- DHEA(S) is available over the counter in some areas as a supplement. Care should be taken to document its use within 12 hours prior to sample collection.
- Document vigorous physical activity and the presence of oral diseases or injury.
- Do not eat a major meal within 60 minutes of sample collection.
- Consider documenting parameters to estimate saliva flow rate.
- Rinse mouth with water to remove food residue and **wait at least 10 minutes** after rinsing to avoid sample dilution before collecting saliva.

During Sample Collection

- **Recommended Collection Volume: 125 µl***
- Follow desired sample collection device protocol

*Add 300 µl to the total volume of all tests for liquid handling loss

After Sample Collection

- Record the time and date of specimen collection.
- Refrigerate samples immediately (if possible) and freeze at or below -20°C (household freezer) as soon as possible (within hours of sample collection)
- Samples visibly contaminated with blood should be recollected.
- Do not add sodium azide to saliva samples as a preservative.