

## Collecting Salivary Estradiol

### Sample Collection Method Overview

#### ✓ Passive Drool

### + Special Considerations

Estrogens are components of various medications and use of these substances can influence the levels measured in saliva. The medications may be delivered via gels, oral tablets, and inhalers.

Reproductive hormones in saliva are unstable when exposed to multiple freeze-thaw cycles.

### + Sample Collection (General Procedure)

#### Before Sample Collection

- Avoid foods with high sugar or acidity, or high caffeine content, 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.
- Document 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: 225 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.