

## Collecting Salivary Estradiol

### Sample Collection Method Overview

#### ✓ Passive Drool

### + Special Considerations

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, immediately before sample collection, since they may compromise the assay by lowering saliva pH and increasing bacterial growth.
- Document consumption of alcohol, nicotine, and prescription/over-the-counter medications within the prior 12 hours.
- 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: 175 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.