

Collecting Salivary Progesterone

Sample Collection Method Overview

✓ Passive Drool

+ Special Considerations

+ 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 within 4-6 hours of collection
- Document the presence of oral disease or injury.
- Recommend recording menstrual cycle day count or equivalent
- May not be detectable in the saliva of males or females prior to the onset of puberty
- Recommend documenting use of progesterone containing contraceptives
- 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 4 hours of sample collection)
- Samples visibly contaminated with blood should be recollected.
- Do not add sodium azide to saliva samples as a preservative.