

Collecting Salivary Testosterone

Sample Collection Method Overview

- ✓ **Passive Drool**
- ✓ **SalivaBio Swabs**

+ Special Considerations

Testosterone is available in gels and creams to consumers. Environmental exposure to testosterone has the potential to influence levels of testosterone measured in saliva.

+ Sample Collection (General Procedure)

Before Sample Collection

- Avoid foods with high sugar or acidity immediately before sample collection,
- 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: 75 μ l***
- Follow desired sample collection device protocol

*Add 300 μ l 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.
- Avoid freeze-thaw cycles