



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

BIO-IDENTICAL HORMONES: INSTRUCTIONS FOR SALIVA TESTING AND TOPICAL HORMONE APPLICATION

Saliva testing: Please follow the directions that are included with the testing kit that has been given to you. Here are some additional general guidelines regarding saliva testing:

- Remember that the first morning saliva sample is to be done BEFORE you get up out of bed or perform any other daily tasks such as brushing the teeth.
- Be patient when collecting saliva samples as it can take upwards of 30 minutes to collect the sample.
- Fill the saliva tubes at least half way full.
- Saliva samples should be collected at least 2 hours AFTER eating.
- To stimulate saliva production try smelling a fresh lemon or placing the tip of your tongue to the roof of your mouth.
- **If you are on oral progesterone capsules, you MUST collect your first saliva sample LESS THAN 6 hours after taking your last progesterone dose.** Collecting the sample more than 6 hours after your last dose may result in an artificially low result on your saliva test.
- If you are already taking topical hormones at the time of sample collection, you need to apply your hormones using medical gloves for the 3 days prior to collecting your saliva samples. Hormone residue on the hands could contaminate the sample during the collection process.

Topical hormone application: Please follow these directions and precautions when using topical hormone preparations:

- Topical estrogen and topical progesterone are to be applied to fatty areas of the body such as the inner thigh, abdomen or buttocks.
- Topical testosterone cream is to be applied to thin areas of skin such as the inner wrists, forearm or upper inner arm.
- Use the heel of your hand to apply hormone cream whenever possible in order to avoid contaminating your fingers with hormone cream. The hormone cream should be rubbed into the skin as thoroughly as possible for AT LEAST 3 minutes.
- Avoid skin to skin contact with other people for at least 12 hours after applying hormones. **HORMONES APPLIED TO THE SKIN CAN BE TRANSMITTED TO OTHER PEOPLE IF THEY COME IN CONTACT WITH YOUR SKIN.**