



## *Women's View Medical Group*

299 West Foothill Blvd., Suite 209  
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### ZRT INSTRUCTIONS

For Dr. Rashidi to obtain optimum results, it is important that you follow THESE SPECIFIC INSTRUCTIONS FOR SALIVA TESTING.

In order to run all required test please use all 4 tubes to collect saliva at 4 different times in the course of one complete day, make sure to collect at least half a tube of saliva in each one.

If you are still having a menstrual period make sure the test is done on the 19<sup>th</sup>, 20<sup>th</sup> or 21<sup>st</sup> day of the cycle, if you do not have a menstrual period test can be done on any day, If your menstrual period is irregular you test on a day that you are not bleeding.

Blood spot card with eight circles should be done first thing in the morning as well.

Tube 1: (large) is done within one hour of waking prior to food, water or brushing your teeth

Tube 2: (small) at 12:00pm

Tube 3: (small) between 4:00-7:00pm

Tube 4: (small) at bedtime.

Any Questions please call:

Martha at 909-982-4000 ext 225

Thank you.