

# SAMPLING METHODS

## SALIVARY MELATONIN

### IMPORTANT

IF YOU HAVE DIFFERENT TYPES OF SAMPLE TO TAKE, THE BLOOD SAMPLE SHOULD ALWAYS BE TAKEN LAST.

### EQUIPMENT

To perform this sampling, we provide you with :

- 5 tubes à bouchon blanc.

### PRECAUTIONS

- The saliva collected must be pure, without sputum and without bleeding gums.
- Respect an interval of one hour between each collection, the last collection corresponding to the usual bedtime (if you go to bed at 10:30 pm, collect at 6:30 pm, 7:30 pm, 8:30 pm, 9:30 pm, 10:30 pm).
- During the collection period, do not brush your teeth or play sports.
- Do not consume bananas, caffeine (coffee, tea, cola) and alcohol 24 hours before and during the collection period.

*BEFORE TAKING YOUR SAMPLE: Please ask your doctor to find out whether your current treatment (medication, dietary supplement, etc.) should be temporarily suspended.*



## STEP 1



write on the tube label provided: your full name, date of birth, date and time of collection.

## STEP 2



Wash your hands thoroughly.

## STEP 3



15 minutes before each sample, rinse your mouth with water if necessary.

## STEP 4



Collect your saliva directly into the tube up to the black line.

## STEP 5



Close the tube and place it in the provided bag.