

Saliva Cortisol Collection

Instructions for Patients

Kit Contents:



- Salivette Collection Tube (blue cap)
 - Sterile swab inside tube

Patient Preparation:

- **Recommended collection time is between 11:00 pm and 1:00 am**
- Do **NOT** collect specimen:
 - within 60 minutes of eating a meal
 - within 12 hours after consuming alcohol
 - immediately after brushing teeth or any activity that may cause gums to bleed
- Rinse mouth thoroughly with water 10 minutes before specimen collection
- Label the tube:
 - with your full name **and**
 - date of birth **and**
 - date and time you collected the sample
- Wash your hands before starting

Specimen Collection:

- Remove the blue cap so you can see the swab



- Tip the tube to empty the swab into your mouth without touching it



- Keep the swab in your mouth for 2-3 minutes to completely saturate it with saliva
 - The swab should be under the tongue **or**
 - Allowed to move freely across the tongue **or**
 - Gently chew the swab

Note: Do not place the swab between cheek and gum

- Return the swab to the Salivette tube without touching it



- Firmly place the blue cap on the tube
- Refrigerate the sample until it can be returned to the laboratory in the morning