



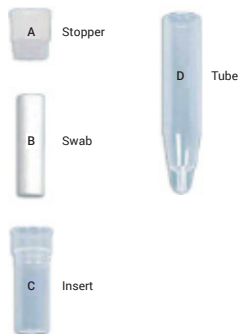
Cortisol, Saliva Collection Instructions

Manufacturer

Sarstedt

Kit/Reagent Purpose

To provide clients with a complete kit to collect saliva specimens for the following test: Cortisol by LC-MS/MS, Salivary (ARUP test code 3016866)



Specimen Requirements

- Collect 1mL or more of saliva (fully saturated swab).
- Do not eat for 60 minutes before collecting specimen.
- Do not consume alcohol 12 hours before collecting specimen.
- Do not brush teeth or use toothpaste immediately before collecting the specimen as gums may bleed and contaminate the specimen, which may cause a falsely elevated result.
- Do not use mouthwash products before sample collection.
- Avoid using lipstick, lip balm, and other lip items before sample collection.
- Avoid use of exogenous sources of cortisol (e.g., topical or oral hydrocortisone) or similar products during collection to reduce contamination.
- Rinse mouth thoroughly with water 10 minutes before collecting specimen.
- Recommended collection time is generally between 11 p.m. and 1 a.m. Your healthcare provider may also require different or additional collection times. Be sure to clearly label each tube collected with correct date and time.
- Specimens visibly contaminated with blood, cellular debris, food particles, or mucus must be recollected.

Other Supplies Needed

Permanent marking pen

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Specimen Collection

1. Label the exterior tube of the Salivette collection device using a waterproof pen with the patient's first and last name, as well as the date and time collected.
2. Remove the stopper (A) of the container to expose the swab (B). Do not remove the insert (C) from the tube (D). This is necessary for processing the specimen.
3. Place swab (B) directly into the mouth by tipping the tube so the swab falls into the mouth. The swab should be placed under the tongue or allowed to move freely across the tongue. Do not place the swab between cheek and gum. Gently chewing the swab is acceptable.
4. Keep the swab in your mouth for two to three minutes. Be sure the swab is completely saturated with saliva; this will ensure that enough volume is collected.
5. Place the swab back into the insert (C). Do not touch the swab with your fingers. Do not remove insert (C) from tube (D).
6. Replace the stopper (A), ensuring that the cap is tight (the cap will click when inserted properly).
7. Return the Salivette collection device to your healthcare provider ordering the test, who will send the specimen(s) to ARUP Laboratories.

Preparation Instructions

- If multiple specimens are submitted, ensure that all tubes are clearly labeled with the correct date and time.
- Submit specimen in Salivette collection device only. Other containers are not acceptable.

Specimen Storage/Transport

- Transport specimens refrigerated.
- Specimen stability from collection to initiation of testing: room temperature: one week; refrigerated: three weeks; frozen: six months