

Cortisol Saliva Collection Instructions



Preparation Instructions:

DO NOT eat 1 hour prior to collection.

DO NOT consume alcohol 12 hours prior to collection.

DO NOT collect immediately after brushing teeth, or after any activity that may cause gums to bleed.

Collection Notes:

Specimens **must** be collected between 11:00pm and 1:00am.

SKIP one day between collections (ex. If first specimen is collected on Monday, skip Tuesday, and collect second specimen on Wednesday).

To Collect Specimen:

1. Rinse mouth thoroughly with water 10 minutes prior to collection.
2. Remove the cap from container to expose cotton swab.
3. Place swab into mouth by tipping the tube so swab falls directly into 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.
4. Swab must remain in mouth for 2 minutes, or until **completely** saturated. Swab must be completely saturated to ensure sufficient volume for testing. (Please note: specimens are frequently returned due to insufficient quantity. Please use the whole 2 minutes to avoid possible recollection).
5. Return swab back to container. **DO NOT** touch swab with fingers.
6. Replace cap.
7. Name, date of birth, collection time, and collection date **must** be clearly labeled on containers.
8. Specimens **must** be kept refrigerated and returned to the lab as soon as possible.