

## How to Collect a Saliva Sample for Cortisol Testing

For correct test results, follow these instructions carefully. Incorrect test results can cause an important medical problem to be missed, or the ordering of more or unneeded tests.

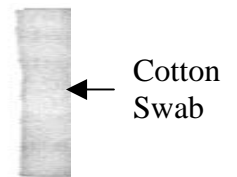
### When to collect:

- Collect two samples, one just before going to sleep and one just after getting up in the morning.



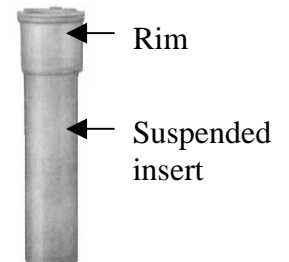
### Before collecting:

- Do not drink alcohol for 12 hours before and between collecting samples
- Do not eat or drink for 30 minutes before collecting samples
- Collect samples before brushing teeth



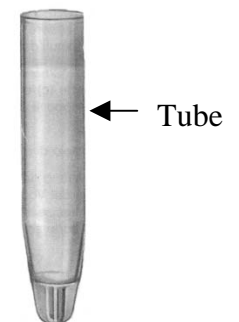
### How to collect the samples:

- Hold the tube at the rim of the suspended insert and remove lid
- Remove cotton swab from the tube
- Chew the cotton swab for 2 minutes
- Return cotton swab into the suspended insert and place the lid on tightly



### What to do after collecting the samples:

- Record the **time of collection** and **your name** on each tube
- If the tubes cannot be returned to the lab immediately, store them in the fridge
- Take the tubes and requisition to the laboratory. Do not take tubes to the doctor's office



**Questions? Call the Laboratory Information Centre at 770 – 3600**