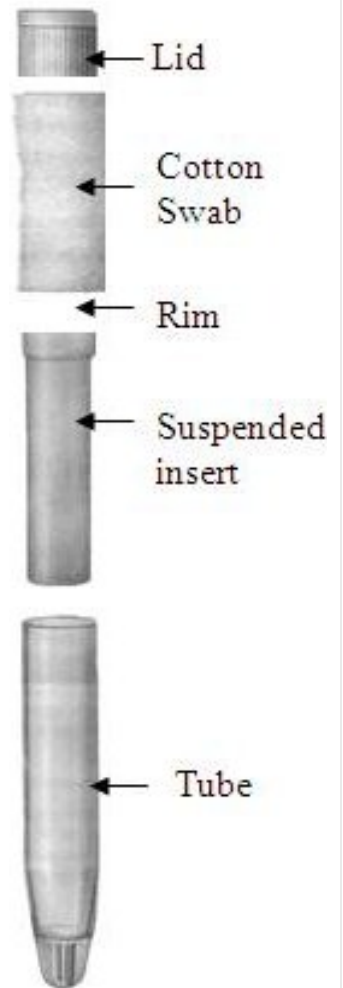


How to Collect a Saliva Specimen for Cortisol Testing

<p>How to prepare</p>	<ul style="list-style-type: none"> 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
<p>Risks or Cautions</p>	<ul style="list-style-type: none"> 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.
<p>Collecting the Sample</p>	<ul style="list-style-type: none"> Collect the sample(s) at the appropriate times, as instructed by your physician If collection times have not been provided by your physician, perform two collections on two nights in a row between 11:00 pm and 12:00 midnight 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
<p>Labelling the Sample</p>	<p>Label the collection container(s) with:</p> <ul style="list-style-type: none"> Your (the patient) full first and last name, date and time of collection, Provincial Health Insurance (PHN/ULI), or Government issued identification such as (Federal, Military, RCMP, Immigration, Passport #). If you've been provided with a patient label, attach this label to the outside of the container.
<p>Lab Requisition</p>	<ul style="list-style-type: none"> Print the date and time the sample was collected on your lab requisition. Fold and place the requisition in the outside pocket of the biohazard bag. Do not put the requisition in the bag with the sample collection container.
<p>Sample Delivery to Lab</p>	<ul style="list-style-type: none"> Take your sample to your local laboratory within 2 days. Store in the fridge if the tubes cannot be returned immediately



Questions? Contact the Laboratory Information Centre at 403-770-3600 or visit MyHealth.Alberta.ca.