



Instructions for collection of saliva for Cortisol

1. **DO NOT** eat or drink for 30 minutes prior to collection of saliva.
2. **DO NOT** brush teeth prior to collection of saliva.
3. Collect specimen between 11 PM and 12 midnight unless otherwise directed. Collect between 7 AM and 8 AM if a morning sample is required.
4. Write your full name and date of birth or hospital personal identification number (PIN) on the specimen label.
5. Note the time when you collected the sample and record the **date and time** on the specimen label and on the hospital requisition. It is extremely important to record the date and time.
6. How to collect the sample:
 - a. Remove the TOP cap of the plastic container to expose the cotton swab.
 - b. Tip the container in order to place the cotton swab in mouth without touching it. **DO NOT TOUCH THE SWAB WITH FINGERS.**
 - c. Hold the swab in the mouth for 2 full minutes or longer until the swab is completely soaked through. Roll it around with the tongue, but **DO NOT CHEW OR SUCK ON THE SWAB.**
 - d. Place the swab back into the plastic container in the same location it came from. **DO NOT TOUCH THE SWAB WITH FINGERS.** Replace the cap.
 - e. Store the sample in the refrigerator until you can deliver it to the hospital. **Ensure you have recorded the date and time of collection on both the specimen and the requisition before dropping off the specimen.**
 - f. Return specimen to the Outpatient Clinic. Please remember to return the requisition with the specimen.