



# PREPARATORY INSTRUCTIONS FOR CORTISOL SALIVARY TESTING

## **BEFORE COLLECTION**

1. Saliva should be collected at **11 PM**
2. **24 hours before** collection: do **not** use any creams or lotions that contain **steroids**, and do not use any steroid inhalers. These products can interfere with hormone determinations.
3. **1 hour before** collection: avoid activities that may cause your gums to bleed; do not brush or floss your teeth before collecting saliva.
4. **30 minutes before** collection: do not eat or drink anything for at least 30 minutes before collecting sample.

## **INSTRUCTIONS FOR COLLECTION**

1. Wash your hands with soap and water and dry them thoroughly.
2. For LabCorp (Esoterix) collection devices: Open the packaging and remove the collection device, using the handle to hold the device. Avoid touching the absorbent pad. Verify the blue indicator line is visible on the collection device.
3. For Quest collection devices hold the Salivette at the rim of the suspended insert and remove the stopper.
4. Holding the handle, place the absorbent pad under the tongue until well saturated; **approximately 1 to 2 minutes**. (On Esoterix collection devices the blue line disappears when the pad is saturated with saliva)
5. Using the handle, remove the device from your mouth and place the absorbent pad into the provided plastic holder.
6. Carefully **label each collection device** with your **name**, the **time collected**, the **date** and your **physician's name**.
7. Place each collection device into an individual small plastic bag to seal the specimen.
8. Place the sealed individual plastic bag with the specimen into the larger specimen bag. Place the completed lab order form (requisition) in the bag.
9. Return the specimen bag to the Lab within **one day of collection**. **If storing longer than 24 hours, please refrigerate.**

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