



Collection Procedure for Salivary Cortisol Using the Salivette Collection Container

The accuracy of test results is dependent on the quality of the specimens submitted. Please follow these instructions closely and contact your physician if you have any questions.

- ✓ Saliva should be collected at the time specified by your physician.
- ✓ Do not eat or drink for 30 minutes prior to collection.
- ✓ To avoid contamination of the vial, do not apply creams or lotions that contain steroids or use steroid inhalers immediately prior to collection.
- ✓ Avoid any activities that could cause your gums to bleed prior to collection; this includes flossing and brushing your teeth.
- ✓ Do not collect the sample if your gums or the inside of your mouth is bleeding. Be sure to contact your physician if this is a chronic problem.
- ✓ Collect the specimen as follows:
 1. Remove the cotton tube from the inside of the plastic container.
 2. If you feel you have adequate saliva in your mouth, place the cotton tube under your tongue for 1 minute.
 - If you feel that you are unable to produce saliva at the time of collection, you may chew the cotton tube for 30 to 45 seconds to start a flow of saliva and then place the cotton tube under your tongue for 1 additional minute or until it is saturated with saliva.
 - If necessary, salivation can be stimulated by using a few granules of sugar-free Kool-aid powder or citric acid crystals and then proceed with collection of saliva by placing the cotton tube under the tongue.
 3. Remove the cotton tube from beneath the tongue and place in the plastic Salivette collection container and firmly close the stopper. Do not remove the tube that is holding the insert.
 4. Label the Salivette collection container with your name and the date and time of collection.
 5. Store at room temperature and transport to any Sonora Quest Laboratories Patient Service Center within one day of collection.

NOTE: If a Salivette collection container is not available, 1 mL (approximately ¼ to ½ teaspoon) of saliva may be collected in a clean, plastic collection tube.

NOTE: Salivette is not intended for use with children under the age of three. Children under the age of ten should have adult supervision.