

## Collection Instructions: Please read all instructions carefully

### Key Reminders:

- ⊘ **DO NOT** brush teeth before collecting sample.
- ⊘ **DO NOT** eat or drink for 15 minutes prior to sample collection.
- ⊘ **DO NOT** touch the swab with your fingers.

### **This is a time sensitive collection.**

**It must be done between 11:00 pm and 12:00 am, midnight or should be collected at the precise time(s) prescribed by your physician**

### **Specimen Required for Salivary Cortisol**

1. Your physician or the laboratory will have given you a clear plastic capped tube, which contains a synthetic swab. The patient's name & DOB should already be on a label on this tube.



2. Remove top cap to expose the swab.
3. Place swab directly into mouth by tipping container so swab falls into mouth.
4. Do NOT touch the swab with your fingers.
5. Keep the swab in your mouth for approximately one minute.
6. Roll the swab in your mouth.
7. Do NOT chew the swab.
8. Spit the swab back into the tube.
9. Replace the cap and make sure cap is screwed on tightly.
10. Record collection time and refrigerate. Return appropriately labeled specimen to the Laboratory.