



Salivary cortisol

Please read these instructions prior to starting your collection. This test must be performed at midnight (or requested time).

Preparation

- Relax for approximately 1 hour before collection of saliva.
- Do not eat anything for 30 minutes prior to specimen collection.
- Remove any lipstick.
- No brushing or flossing teeth for 30 minutes prior to collection.
- Inside the Salivette tube is a smaller suspended tube / insert; do not separate these tubes – they must be returned as one unit. This is because there may be leakage from the insert, and the larger Salivette tube is used to centrifuge the sample.

Collection

- Hold the Salivette tube and remove the stopper. By pushing the stopper slightly to the side while lifting the lid, the suspended insert will remain in place.
- **Do not touch the sponge inside the Salivette tube with your fingers.**
- Tip the sponge directly into your mouth.
- Gently chew the sponge for 2 minutes. Keep the sponge in your mouth until you feel that you can no longer prevent yourself from swallowing the saliva produced.
- Hold the saturated sponge with your teeth and return the sponge directly into the tube.
- Close the Salivette tube firmly with the stopper.
- Write name, date and time of collection onto the Salivette tube.

Keep the sample in the fridge prior to delivering it to your nearest Collection Centre.

Please ring **Patient Services Support on 1300 732 030** if you have any questions regarding this procedure.