Ver 1.0 Sep 14, 2009

COLLECTION OF SALIVA FOR CORTISOL

Follow these instructions exactly. The accuracy of test results is dependent on the quality of the specimen collected.

1) **DO NOT** eat or drink 30 minutes prior to collection of saliva.

2) **DO NOT** brush teeth or rinse mouth 30 minutes prior to collection of saliva.

3) Label collection container with patient's name, date of birth, collection date and the **time using the 24-hour clock e.g., 23:00 or 24:00.**

   Collect specimen between 23:00 and 24:00 unless otherwise directed (for Cushing's syndrome, midnight saliva is the specimen to collect).

4) At designated time remove the TOP cap of the plastic container to expose the swab.

5) Tip the container in order to place the swab in mouth. **DO NOT TOUCH THE SWAB WITH FINGERS.**

6) Hold the swab in the mouth for 2 full minutes or longer to ensure sufficient volume of sample collected (**minimum 0.6 mL, 2 mL preferred**). Roll it around with the tongue, but **DO NOT CHEW OR SUCK ON THE SWAB**.

7) 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.

8) Store the sample in the refrigerator until you can deliver it to the lab. Ensure you have recorded the time, **23:00 or 24:00** and date on the sample.

9) If you drop off your salivette tube at lab other than VGH, please instruct the lab to forward the collection container to the address below.

SEND TO:
Vancouver General Hospital
Laboratory Reception
910 West 10th Avenue Room 1300 JPPN
Vancouver BC V5Z 4E3
Canada
Tel: 1-877-747-2522 Canada
       1-604-875-4111 (54811) Outside Canada

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B.

Top Cap

Swab

A.

Inner
Container DO
NOT
REMOVE