

Saliva Collection Instructions

Salivette® devices should only be used for salivary cortisol testing.

Instructions to collect saliva

Saliva should be collected at the precise time(s) that your physician indicated. Most collections for salivary cortisol are done between 11:00 PM and midnight. Please read instruction carefully before starting collection.

Before collection

- **Collect saliva at the precise time(s) listed by your physician.**
- **24 hour before collection** – do not use hydrocortisone creams or lotions, and do not use steroid inhalers.
- **1 hour before collection** – do not eat, drink or brush your teeth for at least 60 min before collecting saliva.
- **20 minutes before collection** – rinse mouth with water for 5 seconds, wait 10-15 minutes before starting collection.
- **Do not collect while gums are bleeding** – do not floss or brush your teeth prior to collecting saliva. If gums or inside mouth is bleeding – do not collect. If this is a chronic problem, discuss with your physician.



Collection instructions

- 1 Wash your hands with soap and water, and dry thoroughly before touching Salivette device.
- 2 Remove cap from tube to expose swab. **Do not** use fingers to touch swab. **Do not** remove plastic insert from the tube.
- 3 Place swab directly into your mouth from the tube by tilting it. **Do not touch swab with your fingers.**
- 4 Roll swab in your mouth for 2 minutes or until you can no longer prevent yourself from swallowing saliva produced. **Do not** chew the swab.

If you cannot roll the swab in your mouth, place it under the tongue for 2 minutes or until it is fully saturated.
- 5 Spit swab back into tube. **Do not touch the swab with your fingers.**
- 6 Replace the cap and close tightly.
- 7 Record on the tube label: exact **collection time and date, your name, date of birth and nine-digit PHIN number.**

Time:	☐ am ☐ pm
Date:	
Name:	
Date of birth:	

PHIN: _____

- 8 Return the Salivette(s) and the requisitions to your preferred laboratory as soon as possible. Samples for cortisol analysis are stable for at least one week at room temperature.