SydPath
ST VINCENT'S PATHOLOGY

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SALIVARY CORTISOL COLLECTION USING A SALIVETTE

NOTE: **Not** suitable for children under 3 years of age or patients with increased risk of swallowing.

PREPARATION:

- Two saliva samples are collected: one at night at 23:00 - 24:00 (11:00pm – 12:00 pm) and the second in the morning between 07:00 and 09:00 (7:00am – 9:00am) or as directed by your doctor.
- Do not eat or brush your teeth for one hour before the collection time. For the morning sample collect before you brush your teeth or have breakfast.

PROCEDURE:

1. Rinse your mouth with water.
2. Take the blue stopper off the collection unit, then tip the cotton wad into your mouth (do not touch the wad with your fingers).
3. Allow the wad to absorb some saliva to moisten it then gently chew on it to produce more saliva.
4. Keep the wad in your mouth until the wad is saturated (until you can no longer prevent swallowing the saliva produced – approx. 2 minutes – for some people it is longer depending on how much saliva you produce). Do not chew the wad just before you spit it out, as this forces the saliva out of the wad.
5. Spit the wad into the cup in the collection unit that it came out of and put the blue stopper back on top (do not remove the cup from the collection unit and do not touch the wad with your fingers).
6. Write your name, the collection time and date on the collection unit.
7. Place the unit in the fridge or freezer until you can deliver it to SydPath. It can stay in the fridge for up to a week, but a shorter time is preferable to prevent bacterial growth. It can stay in the freezer for up to one month.

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