



Welcome to the Endocrine unit (department 63)

☎ 0161 446 3479

Cortisol salivary collection

Before collection

DOs and DON'Ts

DO wash hands, face and rinse mouth with water twice 10 minutes prior to sample collection.

DON'T have alcohol 12 hours before sample collection.

DON'T provide sample if you have had dental work within the 48 hours before the sample.

DON'T eat, drink, brush teeth or floss for two hours before collecting the sample (food or slight bleeding in saliva will alter results).

Collecting the saliva

Place cotton swab provided in sample tube into your mouth **without touching** it with your hands (your healthcare professional will demonstrate this with you prior to your test).

Chew the supplied cotton swab for **3-5 minutes** (until saturated).

Return the cotton swab into the collection tube **without touching** it with your hands (again, your healthcare professional will demonstrate this with you prior to your test).

Saliva samples visibly contaminated with blood should be discarded and recollected with new sample tubes.

Once saliva has been successfully collected seal the tubes firmly and date and time each sample accordingly.

Store the collected saliva in the fridge or ideally the freezer until they are ready to be sent for analysis.

(If midnight salivary samples are being collected please produce samples consecutively over 3 nights at midnight and date and time samples accordingly).