

SALIVA CORTISOL COLLECTION KIT GUIDELINES

A saliva cortisol test is done to measure the level of the hormone, cortisol, in the saliva. Cortisol is made by the adrenal gland and has many functions; it helps the body use sugar (glucose) and fat for energy (metabolism), and it helps the body manage stress. Cortisol levels can be affected by many conditions, such as physical or emotional stress, strenuous activity, infection, or injury.

YOU WILL NEED

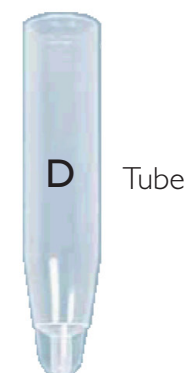
- ☐ Salivette collection device kit
- ☐ Permanent marking pen
- ☐ Label with child's full legal name, date of birth, and date and time of collection

SPECIMEN REQUIREMENTS

- **Be sure to clearly label each tube collected with child's full legal name, date of birth, and date and time of collection.**
- Collect 1 mL (1/4 teaspoon) or more of saliva (fully saturated swab).
- Do not eat for 60 minutes prior to collecting specimen.
- Do not consume alcohol 12 hours prior to collecting specimen.
- Do not brush teeth immediately before collecting specimen.
- Rinse mouth thoroughly with water 10 minutes before collecting specimen.
- Recommended collection time is generally between 11 p.m. and 1 a.m. Your healthcare provider may also require different or additional collection times.
- You may be asked to recollect the specimen(s) if the pH value(s) is greater than 9.0 or less than 3.5.
- Specimens visibly contaminated with blood, cellular debris, food particles, or mucus must be recollected.

SPECIMEN COLLECTION

1. **Label the exterior tube of the Salivette collection device using the label provided in the kit with child's full legal name, date of birth, and date and time of collection.**
2. Wash, rinse and dry hands thoroughly before starting the test.
3. Remove the stopper (A) of the container to expose the swab (B). Do not remove the insert (C) from the tube (D). This is necessary for processing the specimen.
4. Please watch your child/patient closely so they do not choke on or swallow the swab.
5. Place swab (B) directly into the mouth by tipping the tube so the swab falls into the mouth. The swab should be placed under the tongue, or allowed to move freely across the tongue. Do not place the swab between cheek and gum. Gently chewing the swab is acceptable.
6. Keep the swab in your mouth for two to three minutes. Be sure the swab is completely saturated with saliva; this will ensure that enough volume is collected.



(continued on back)

7. Return the swab by carefully spitting the swab back into the insert (C). Do not touch the swab with your fingers. Do not remove insert (C) from tube (D).
8. Replace the stopper (A), ensuring that the cap is tight (the cap will click when inserted properly).

PREPARATION INSTRUCTIONS

- If multiple specimens are submitted, ensure that each tube is clearly labeled with the child's full legal name and date of birth, **and collection date and time**.
- Submit specimen in Salivette collection device only. Other containers are not acceptable.

SPECIMEN STORAGE/TRANSPORT

- Store the specimen(s) in the refrigerator.
- Transport specimen(s) refrigerated to the nearest Laboratory Service Center.

If you have any questions about the test and why your doctor ordered it, be sure to ask your child's doctor or nurse.

For questions about saliva collection for this test or directions to the nearest Laboratory Service Center, please call Laboratory Services at (800) 934-6575 or visit NationwideChildrens.org/Lab.

