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Centre intégré
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du Bas-Saint-Laurent

Québec 

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User Instructions

Salivary Cortisol

Clinical Department of Laboratory Medicine

OPTI-DE-008

Your doctor has asked you to collect a saliva sample to determine the level of salivary cortisol, a hormone secreted by the adrenal glands. This test can detect certain health problems and illnesses, such as Cushing's syndrome.

A number of precautions must be taken when collecting saliva.

This brochure explains the steps to follow.

MATERIALS REQUIRED


- Salivette® Cortisol (supplied by specimen collection centre)




Québec 

INSTRUCTIONS

Take saliva samples at the times specified by your doctor.

 **If your doctor has not specified a time, take the saliva sample at midnight.**

 If you take the sample at midnight, do not change your usual routine. If possible, have someone wake you up to avoid the shock of an alarm.

BEFORE sampling:

24 hours before	Avoid strenuous exercise and intense stress.
12 hours before	Do not drink alcohol.
3 hours before	Do not eat. Drink water only (in moderate quantities). Do not smoke (tobacco or liquid nicotine). Do not chew gum or eat. Do not engage in any physical activity.
1 hour before	Do not brush your teeth.
15 minutes before	Rinse your mouth out with water .

SPECIMEN IDENTIFICATION

If not already marked on the container, **clearly** write the following information on the label:

- Your last and first name
- Your personal reference number (medical file number or health insurance number)
- The date and time of sampling (to avoid confusion, enter times as follows: from 00:00 [midnight] to 23:59)

SAMPLING METHOD

When taking saliva samples for cortisol determination, a number of precautions must be taken to avoid any interference that could falsify the test results. Please refer to the "Instructions" section **BEFORE** taking the sample.

WARNING: This product should not be used by children under three years of age or by people who might swallow the swab.



Steps to follow:

1. Wash your hands with soapy water and dry them.
2. Open the Salivette[®] Cortisol and place the swab under your tongue without touching it with your fingers.
3. Let it soak in saliva for at least three minutes, rolling it under your tongue or until it is full of saliva.
Do not chew the swab.
4. Return the swab to its original container, handling it with your fingers as little as possible, then put the cap back on.

STORAGE

- Store your sample in a plastic zip-lock bag.
- Keep the sample **refrigerated** (4 °C) and return it the morning after sampling.

If more than one sample has been prescribed, they must be returned one by one.

RETURN OF SAMPLES

- Return your specimen to the place you were instructed to return it, i.e., the specimen collection centre at the hospital, the local point of service (LPS) or another location.
- When returning the samples, remember to bring **your hospital card** or RAMQ card as well as **your prescription, if necessary**.

