

# Care Gram

## Cortisol Saliva Collection

### What Is a Cortisol Saliva Collection?

A cortisol saliva collection is done to measure the amount of cortisol in saliva. Cortisol is a hormone produced by the adrenal glands and helps to regulate several body processes including:

- Blood pressure
- Blood sugar
- Heart and circulatory function
- Immune system response
- Breakdown of protein, fat, and carbohydrate

### How to Prepare

- Saliva should be collected at the time(s) prescribed by your doctor. For optimal results, preferred collection is at midnight.
- Do **not** brush or floss teeth, smoke, eat, drink, or take oral medication 60 minutes before you start the collection process to avoid contamination.
- Do **not** use any creams or lotions immediately prior to collection.
- Do **not** use this kit on children under 3 years of age or any patient who has an increased risk of choking.

### How to Collect Cortisol Saliva Swab

1. Remove the white swab from the Salivette® container.
2. Place the white swab in the mouth, for example, in your cheek or under your tongue for 2 minutes without chewing. If an extremely small amount of saliva is produced, leave the white swab in the mouth longer, until it is well saturated with saliva.
3. Return the white swab with the absorbed saliva to the Salivette® container.
4. Replace the stopper cap.
5. Write your first and last name, date of birth, and collection date and time on the Salivette® container.
6. Keep the sample in the refrigerator until it is brought back to the Laboratory. The sample must be received within 48 hours of collection.

If you have been instructed by your doctor to collect more than one specimen, you may bring all the specimens back to the Laboratory at one time.

### How to Get the Results of the Cortisol Saliva Collection

Results will be available from your doctor in 1 to 2 weeks.

This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.



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