

# 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 a number of body processes including:

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

### How to Prepare

- Do not eat, drink, smoke or use oral hygiene products for at least 30 minutes before you start the collection process.
- Prior to collection, review the detailed instructions for the Super SAL™ Universal Saliva Collection Kit below. Note that the Sample Volume Adequacy Indicator (SVAI) changes color from white to fully red after the correct sample size is collected.

### How to Collect the Sample Using the Super SAL Universal Saliva Collection Kit

1. Collect the sample between 11:00 p.m. and 12:00 Midnight.
2. Open the package containing the Super SAL Universal Saliva Collection Kit and place contents on a clean dry surface.
3. Pool saliva in mouth (video instructions can be found online at [4saliva.com/products/super-sal/](http://4saliva.com/products/super-sal/)).
4. Firmly attach the collection tube to the base of the compression tube.
5. Collect saliva by placing the tip of the collector pad to where saliva has pooled. You may remove the collector from your mouth at intervals to read the SVAI, as long as you continue the collection process right after each check.
6. Continue to collect saliva until the SVAI changes completely to red. The collection process should last about 1 to 5 minutes.
7. Place the white absorbent pad end into the compression tube holding the collector in an upright vertical position and firmly push the plunger downwards to transfer saliva from the pad into the collection tube. Push and hold for 30 seconds.
8. Gently remove the collection tube from the end of the compression tube. Tightly close the collection tube lid.
9. Write your name, date of birth, collection date and time on the container.
10. Keep the sample in the refrigerator until it is brought back to the Laboratory. The sample must be received with 48 hours of collection.



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