

## How to Collect a Saliva Sample for a Cortisol Test

### General Information

Read all the instructions before collecting a saliva sample. It's important to follow the instructions so the sample is collected the right way. This will help your test results be correct.

### Before You Take a Sample

- Do not brush your teeth before collecting the sample.
- Do not eat or drink 15 minutes before collecting the sample.
- Use the SARSTEDT® Salivette® collection device only.
- Do not touch the swab with your fingers.
- Collect the sample between 11 p.m. and midnight.

**Important:** Your health care provider may have you collect the sample at a different time. Follow any instructions that your provider gives you.

## Ua Li Cas thiaj Cug tau ib co Qaub Ncaug rau Txoj Kev Kuaj Xyuas cov Cortisol

### Tej Xov Xwm Luam

Nyeem tag nrho cov lus qhia ua ntej pib cug qaub ncaug. Tseem ceeb heev kom ua raws li cov lus qhia xwv kom koj cug tau raws li xav tau. Ua li no yuav pab kom tej kev kuaj yuav thwj.

### Ua Ntej Koj Pib Cug Qaub Ncaug

- Tsis txhob txhuam hniav ua ntej koj cug cov qaub ncaug.
- Tsis txhob noj los sis haus ib yam dab tsi 15 na this ua ntej koj cug cov qaub ncaug.
- Tsuas pub siv yam khoom SARSTEDT® Salivette® kom cug tau xwb.
- Tsis txhob siv koj cov ntiv tes kov tus pas rwb.
- Cug cov qaub ncaug thaum 11 moos tsaus ntuj mus txog kaum ob moos tsaus ntuj.

**Tseem ceeb:** Tej zaum koj tus kws kho mob yuav hais kom koj muab cug thaum lwm lub sij hawm. Ua raws li tej lus qhia uas koj tus kws kho mob hais rau koj.

## How to Take a Sample

- Remove the top cap of the tube. You will see the swab.
- Place the swab directly into your mouth by tipping the tube so that the swab falls into your mouth.
- Do not touch the swab with your fingers.
- Keep the swab in your mouth for two minutes. Roll the swab around in your mouth. Do not chew the swab.
- Put the swab back into the container without touching the swab.
- Put the cap back on the tube. Make sure it is closed tightly.
- Write the your name, date of birth and the time the sample was collected on the label.
- Bring the sample back to your clinic the next day.

## Ua Li Cas thiaj Cug tau Coj Mus Kuaj

- Tshem lub hau ntawm raj cug. Koj yuav pom tus pas rwb.
- Tso tus pas rwb rau hauv koj lub qhov ncauj thaum tsa raj ntawd es ua rau tus pas rwb poob ncaj qha rau hauv koj lub qhov ncauj.
- Tsis txhob siv koj cov ntiv tes kov tus pas rwb.
- Npuav tus pas rwb twj ywm hauv koj lub qhov ncauj rau ob na this. Muab tus pas rwb txav mus txav los hauv koj lub qhov ncauj. Tsis txhob ntsuas tus pas rwb.
- Muab tus pas rwb rov qab tso rau hauv raj cug tsis txhob kov tus pas rwb.
- Muab lub hau khwb rau raj cug. Yuav tsum ua tib zoo kaw kom ntom.
- Sau koj lub npe, hnuv yug thiab koj tau cug qaub ncaug thaum pes tsawg moos rau ntawm daim ntawv lo no.
- Nqa cov qaub ncaug uas cug tau ntawd rov los rau lub tsev kuaj mob hnuv tom qab ntawd.