

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.

Sida Saambal ama Qayb Candhuuf ah Loogu Ururiyo Baadhitaanka Cortisol

Macluumaad Guud

Akhri dhammaan fariimaha ka-hor inta aanad ururin candhuufta. Waa muhiim inad raacdid fariimaha si saambalka si sax ah loo ururiyo. Kani wuxu kaa caawin doonaa in natiijooyinka baadhitaankaagu sax noqdaan.

Ka-hor Inta Aanad Qaadin Saambalka

- Ha cadayan ama burush ha marin ilkahaaga ka-hor ururinta saambalka.
- Wax ha cabbin ama ha cunin 15 daqiiqadood ka-hor ururinta saambalka.
- Istickmaal kaliya qalabka ururinta ee SARSTEDT® Salivette®.
- Suufka dhuuban ha ku taaban farahaaga.
- Ururi saambalka inta u dhexeysa 11 habeennimo iyo habeen-badhka.

Muhiim: Waxa laga yaabaa in bixiyahaaga daryeelka caafimaadku u kuu sheego wakhti ka duwan ka sare oo ad ururisd saambalka. Raac wixii ah fariimo ee u ku siiyo bixiyahaagu.

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.

Sida Loo Ururiyo Saambal

- Furka sare ka qaad tuubada. Waxad arki doontaa suufka dhuuban.
- Suufka toos u gali afkaaga inta ad tuuba ku foorarisid si suufku afkaagu ugu dhaco.
- Suufka ha ku taaban farahaaga.
- Suufka ku hay afkaaga laba daqiiqadood. Suufka ku warwareeji afkaaga. Ha calaalin suufka.
- Suufka dib ugu rid weelka adiga oo aan taaban suufka.
- Furka dib u saar tuubada. U hubso inu si adag u xidhan yahay.
- Waraaqda weelka ku qor magacaaga, taariikhda dhalasho iyo wakhtiga la ururiyay saambalka.
- Saambalka keen xaruntaada caafimaadka maalinta ku xigta.