

How to Collect a Saliva Sample for a Cortisol Test

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.

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 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.