

Salivary Cortisol Test Instructions

Please collect saliva at your usual bedtime on two separate nights. Do not brush your teeth before collecting. Do not eat or drink 15 minutes before collecting the sample. Place the swab directly into your mouth by tipping the tube so that the swab falls into your mouth. Try not to touch the swab with your fingers. Keep the swab in your mouth for 2-3 minutes. 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. Place in refrigerator until you can bring the sample to the laboratory.