

CORTISOL, SALIVA

Document number	LA-75-WI-190E_01.30
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Required Specimen Type	Saliva sample
Medical Supplies	<ul style="list-style-type: none"> • Test Requisition Form • 4 x Specimen Collection Tubes • Sample Identification Labels • Biohazard Bag • Absorbent Material
General Guidelines	<ol style="list-style-type: none"> 1. All specimens must include a double identification (first and last name of the patient and date of birth or medicare number). 2. The use of gloves is required when handling all biological specimens. 3. A valid requisition must include the following information : <ul style="list-style-type: none"> • First and last name of the patient, date of birth or medicare number and gender. • Date and time of specimen collection and signature of collector. • Physician’s full name, signature and license number (or other qualified prescriber). • Any relevant clinical information. • Requested tests.
Patient Preparation	<ol style="list-style-type: none"> 1. Consider waking at 6 am on day of collection 2. 1 hour before collection: Do not eat, brush/floss your teeth or drink anything other than water. Do not drink or sip water during collection. 3. Remove all lip balm and lipstick before collecting saliva. 4. Avoid vigorous exercise the day of collection for multiple tube sample collection. 5. Women: Do not collect during menstrual period; 7-9 days before the start of your period is best. If periods are irregular, collect one week before period is expected or when you are not bleeding. 6. Men and post-menopausal women may collect any time of the month. 7. Collect sample # 1 between 07:00 - 09:00 Collect sample # 2 between 11:00 - 13:00 Collect sample # 3 between 15:00 - 17:00 Collect sample # 4 between 22:00 - 00:00 8. If you are taking/using hormones: <ul style="list-style-type: none"> • To avoid falsely high cortisol levels stop using hydrocortisone cream for at least five (5) days before and during collection. Check with your healthcare professional before discontinuing any medications. • If you have recently started hormone therapy, you should be on hormones for at least three (3) weeks before collection. • If you are using topical hormones (creams, gels), apply them the night before your saliva collection. • Synthetic hormones may affect progesterone, testosterone and/or estrogen levels. Women taking birth control pills or other synthetic hormones like MPA (medroxyprogesterone acetate) should discuss with a healthcare professional and should indicate on the requisition. • If your healthcare professional wants a baseline hormone level you will have to be off oral/patch supplements for two (2) weeks prior to testing and off cream supplements for twelve (12) weeks prior to testing. • If you have questions about when to test because you are on hormone therapy, please contact your healthcare professional.

Specimen Collection Instructions¹	<ol style="list-style-type: none"> 1) Write your first and last name, date of birth, sex and date of collection on the Test Requisition Form. 2) Wash your hands thoroughly before beginning your collection. 3) Begin collecting saliva in collection tube. If you have difficulty collecting saliva, gently press the tip of your tongue against your teeth. Do not eat, chew gum or sip water while collecting. 4) Fill tube with saliva to designated level (3 mL), without bubbles or mucus. 5) The saliva collection time should not exceed 5 minutes. 6) Replace the cap tightly to avoid leakage. 7) Write your first and last name, date of birth, date of collection and the start and stop collection times on the Sample Identification Label. 8) Attach the label on the collection tube. 9) Immediately place the tube in the freezer in an upright position. 10) Repeat these steps for each sample. 11) On the following day, place frozen samples in the biohazard specimen bag. 12) Place the biohazard bag and the Test Requisition Form back in the specimen kit. 13) The specimen kit must be dropped off at CDL Reception.
Additional Information	N/A
Specimen Conservation and Stability	<ul style="list-style-type: none"> • Frozen: 28 days

¹ Adrenocortex Stress Profile, Collection Instructions – Genova Diagnostics (2019)