

	<b>MEDICAL BIOLOGY</b>		<b>LABORATORY</b>	
	<b>PRE-ANALYSIS PROCEDURES MANUAL</b> <b>INSTRUCTIONS FOR THE PATIENT</b>			
<b>SALIVARY CORTISOL</b>				
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Collecting a sample of saliva to screen for cortisol requires you to take several precautions to avoid any possible interference with the analysis.

### TIME REQUIRED

At present, analysis is available for saliva collections **at midnight** only.

NOTE: Do not make any changes to your regular routine. Ideally, if you are already in bed, ask someone to wake you up in order to avoid being abruptly awoken by an alarm clock.

### PREPARATION

- 24 hours before: Preferably, no intense physical exercise or intense stress.
- 12 hours before: No alcohol.
- 3 hours before: Fasting, no tobacco, no gum or other substances in the mouth.  
A moderate quantity of water is permitted.  
No physical activity.
- 1 hour before: Do not brush your teeth.
- 10 minutes before: Rinse your mouth with water.

### SAMPLE COLLECTION

- Remove the swab from the container (Salivette®) and place it in your mouth (preferably under your tongue). Avoid touching it with your fingers.
- Keep the swab under your tongue for 2-3 minutes, until it is saturated with saliva or until you can no longer avoid swallowing the saliva produced. Avoid chewing on the swab.
- Return the swab to the original container, handling it as little as possible with your fingers, and replace the cap.

NOTE: Do not use on children under 3 years of age or on anyone who might swallow the swab.

### STORAGE AND TRANSPORTATION

- The tube must be kept in the refrigerator. Do not freeze it.
- Deliver it to the test centre as soon as possible.
- It can be transported at room temperature.
- **It must be received at the test centre on a Monday or Wednesday.**

### IDENTIFICATION OF THE SAMPLE

- Make sure your last name and first name, file # or date of birth are clearly written on the container.
- Note that the date and time of the sample collection and the duration of the collection must be indicated on the label.

Reference: INC-8100-SALIV-01-A Centre de prélèvement – instruction au patient – cortisol salivaire, 2008, version A, Manuel qualité des laboratoires, Centre hospitalier universitaire de Sherbrooke (CHUS).

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