

Midnight Salivary Cortisol Test

Preparation

- **Relax for approximately 1 hour** before collecting the sample. This is because being very active or excited can make your cortisol level go up.
- **Do not eat for 30 minutes** before collecting the specimen.
- **You can only drink water.** Do not drink juice, tea, coffee, milk etc for 30 minutes before collecting your sample.
- **Do not brush or floss your teeth for 30 minutes** before collecting your sample. **Remove lipstick or lip balm.**
- Wash hands before collecting the specimen.

Collecting the specimen

1. Collect specimen sample close to 12 midnight. To open the tube, push the cap slightly to the side to remove it.
2. **Do not remove the sponge holder** (if it comes loose, push it back into the tube).
3. Tip the sponge directly into your mouth. Do not touch the sponge with your fingers.
4. Gently chew and roll the sponge in your mouth for two minutes.
5. When finished, hold the sponge with your front teeth and return it directly into the tube holder without touching the sponge with your fingers.
6. Place the pot into the collection bag (provided) and wash your hands.
7. Place the salivette tube and request form into the collection bag.

Equipment



1 x salivette tube with sponge holder (provided)



1 x collection bag



Safety Precautions

None for this test

Labelling the specimen

Label the specimen by writing:

- Full name (first & last name)
- Date of birth
- Record Number (if known)
- Date & time you collected the specimen

Delivering the specimen

Keep the sample in the fridge before delivering it to your closest pathology collection centre.

See next page for full list of collection centres