

INSTRUCTIONS FOR SALIVA COLLECTION FOR LATE NIGHT SALIVARY CORTISOL

BEFORE COLLECTION

- Obtain a plain universal container from the outpatient department. This is a clear plastic tube with a white, screw top lid.
- Collect the sample as late in the evening as possible before bed.

DO'S AND DON'TS

- **DO NOT** consume alcohol for 12 hours before sample collection
- **DO NOT** give sample if dental work has been performed within 48hrs prior to sample collection
- **DO NOT** eat, drink, brush teeth or floss 60 minutes **BEFORE** collecting sample (*Food or slight bleeding in saliva will alter results*)
- **DO NOT** apply lotions or creams after washing and mouth rinsing
- **DO** wash hands, face and rinse mouth with water twice 10 mins prior to sample

COLLECTING SALIVA

- Ensure the container is fully labelled with your name, date of birth, hospital number and the date and time of the sample collection. **This is very important**
- Allow saliva to **POOL** in the mouth **NATURALLY** over a period of 3-5 mins (*do not force saliva production*)
- **RESIST** the temptation of **SWALLOWING** the saliva or forcing saliva production
- If struggling to pool saliva in the mouth gently **STIMULATE** saliva production by slightly moving your jaw up and down.
- After 3-5 mins, tilt head forward and carefully & slowly **DROOL** into the container.
- **REPEAT** as often as necessary until sufficient sample is collected. **A 1ml sample (excluding foam) is usually adequate.**
- **SALIVA** samples visibly **CONTAMINATED** with **BLOOD** should be **DISCARDED** and **RECOLLECTED**.
- Once saliva has been successfully collected **SEAL** the **TUBES FIRMLY**
- **STORE** collected saliva in the **FRIDGE** or ideally in the **FREEZER** until they are taken to the laboratory.
- If collecting samples at different times of the day remember to use a new separate container for each time point.

DELIVER SAMPLE TO LABORATORY FOR TESTING

Deliver samples as soon as possible to main pathology reception along with your request form. Please double check your sample container is properly labelled with your name, date of birth, hospital number and the time and date of sample collection. **Samples will be rejected if they are not properly labelled.**