



**Salivary Cortisol Collection (CORSAL)
Patient Instructions**

Please read all the instructions before you begin your saliva collection. It is important that you follow these instructions in order to provide valid test specimens.

Specimen Required

1. Do not brush teeth before collecting specimen.
2. Do not eat or drink for 15 minutes prior to specimen collection.
3. Collect specimen between 11 p.m. and midnight, and record collection time.
4. Preferred collection unit is a SARSTEDT® Salivette (Supply T514) supplied.
5. To use the Salivette:
 - a. Remove top cap of container to expose swab.
 - b. Place swab directly into mouth by tipping container so swab falls into mouth. Do not touch the swab with your fingers.
 - c. Keep the swab in mouth for approximately one minute. Roll the swab in mouth, do not chew swab.
 - d. Place the swab back into its container without touching, and replace the cap.
 - e. Record collection time, and label the Salivette with the patient's name and birthdate. Keep the Salivette in the refrigerator until sending to the lab.
 - f. Bring or send appropriately labeled Salivette to the laboratory.

Multiple specimens may be required by you ordering physician. Collect each specimen in a separate container and label with your name and the date and time of collection.

You may save all your specimens in a refrigerator, and return them at the same time to HML.

For questions, please call HML Client Services at 301-665-4900