

Salivary cortisol sample collection

NO BOOKING REQUIRED



If the salivary sample is not refrigerated or there is a delay in delivering it to PathWest, it can affect your results and you may be asked to repeat the test.



Scan for locations

You will be given with a Salivette® tube for your sample (pictured below). If the tube is broken, please request a new one.

1. Collect a saliva sample at 11pm, unless a different time has been specified by your doctor.

Do not:

- Eat or drink for at least 30 minutes before collection.
 - Brush or floss your teeth before collection.
 - Collect when unwell or very stressed.
2. Open the Salivette® tube and remove the swab.
 3. **Gently chew the swab for 2 minutes**, or until it feels fully saturated with saliva.
 4. Return the swab to the Salivette® insert and close the stopper firmly.
 5. Write your **name, date of birth**, the **date** and **time** collected on the outside of the Salivette® tube with a marker pen.
 6. Place the Salivette® tube into the PathWest collection bag and store in the fridge.
 7. Return the Salivette® tube to the laboratory the next business day.

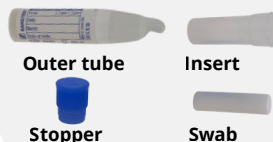
Sample handling, storage and delivery

If you are at a collection centre

Place the container into the plastic bag provided and hand it to a staff member

If collecting a sample at home

If unable to return it immediately, or if you must collect several saliva samples, you should keep the Salivette® in the fridge.



Disclaimer: This publication is for general education and informational purposes. Contact a qualified healthcare professional for any medical advice needed.
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