MAYO CLINIC LABORATORIES

Cortisol and Cortisone – Saliva Collection Instructions

Complete and return this form with your specimen. Specimens received without this information may be rejected.

Instructions for the Patient

- <u>**Do not**</u> brush teeth, eat, drink, or take any oral medication for at least **60 minutes** before collecting specimen.
- **Rinse** mouth thoroughly with water for 1–5 seconds, then wait **10 minutes** before collecting specimen.
- **Collect specimen at the time instructed by your healthcare professional.** Collection immediately prior to going to bed is most common, but collection immediately after waking is appropriate in some circumstances.
- **Document** Patient ID or Birth Date on the container label of the swab tube.
- **Record** the exact collection **date and time** on **BOTH** the container label (swab tube) and in the box below:

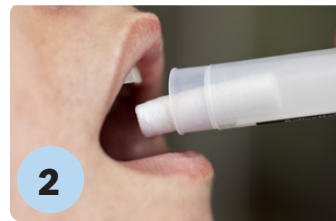| Collection Date (mm-dd-yyyy)	Collection Time (hh:mm) ☐ am ☐ pm

Barcode Label

Cap

Swab

Insert

Tube

1. Remove cap to expose swab. **Do not** remove the plastic insert from the tube.

   Do not use fingers to touch the swab.

2. Place swab directly into the mouth by tipping the tube. **Do not** let fingers touch the swab.

   Keep swab in mouth for **2 minutes**. Roll swab in mouth. **Do not** chew.

3. Spit swab back into tube. **Do not** let fingers touch the swab.

4. Replace the cap. Make sure it is placed on tightly.

5. Record the **exact** collection date and time (include **am** or **pm**) on barcode label **and** on this form.

   Return the tube (with swab) and this form to your healthcare provider within **24 to 48 hours**.

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