

How to collect a salivary cortisol sample

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

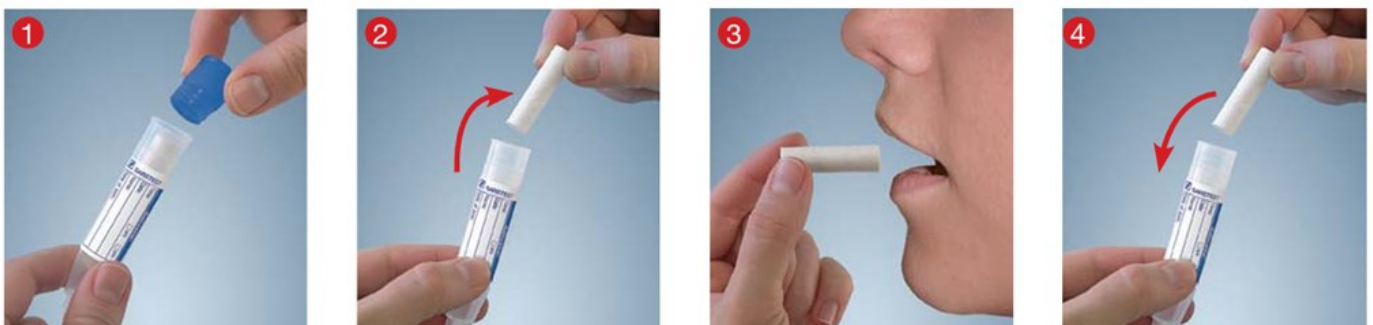
إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Salivary cortisol

You have been asked by your GP/consultant to collect a salivary cortisol sample, in order to measure a naturally occurring chemical. This information sheet will explain how to do this correctly. Please read these instructions carefully before you begin the sample collection. You will be instructed as to what time you should collect your specimen(s).

Sample collection for patients

1. The saliva sample should be taken at least 60 minutes after a meal, drink, smoking or cleaning teeth.
2. Make sure the sample storage container is pre-labelled with your identifiers, including your full name, your date of birth, your NHS number and date and time (24hr clock) the sample is collected.
3. Remove the swab from the packaging (figs. 1 and 2 below) and place the entire swab in your mouth under the front of your tongue.
4. Once under your tongue, do not move the swab around in your mouth, it must stay in the same position for 2 minutes (alternatively, you can discard the swab and passively drool into the tube, before securing with the stopper).



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5. Carefully remove the swab from your mouth and place into the sample storage container provided with your kit. Try not to squeeze the swab as this might cause saliva to leak from the swab. Make sure the cap is sealed tightly.

6. Return the completed sample and request form as soon as you can to your GP surgery/local hospital. If you are not able to return the samples immediately, please store in a fridge. Samples must be received in the laboratory within 7 days of collection, after this time they will be unsuitable for analysis.

If you have any further questions about collecting the salivary cortisol specimen, please telephone biochemistry on 0151 290 4520 or email BiochemistryClinical.Team@merseywestlancs.nhs.uk

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