

**CORTISOL, SALIVA**

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| <b>Document number</b>                  | LA-75-WI-190E_01.00  |
| <b>Revision date</b>                    | 2018-Jul-04  |
| <b>Required Specimen Type</b>           | <ul style="list-style-type: none"> <li>• Sample of saliva</li> </ul>   |
| <b>Medical Supplies</b>                 | <ul style="list-style-type: none"> <li>• Green tubes</li> <li>• Biohazard bag</li> <li>• Absorbent material</li> </ul>   |
| <b>General Guidelines</b>               | <ol style="list-style-type: none"> <li>1. All specimens must include a double identification (first and last name of the patient and date of birth or medicare number).</li> <li>2. The use of gloves is required when handling all biological specimens.</li> <li>3. A valid requisition must include the following information :           <ul style="list-style-type: none"> <li>• First and last name of the patient, date of birth or medicare number and gender.</li> <li>• Date and time of specimen collection and signature of collector.</li> <li>• Physician's full name, signature and license number (or other qualified prescriber).</li> <li>• Any relevant clinical information.</li> <li>• Requested tests.</li> </ul> </li> </ol>  |
| <b>Patient Preparation</b>              | <ol style="list-style-type: none"> <li>1. Do not eat, brush or floss your teeth or drink anything other than water before collecting saliva sample. Do not drink or sip water during collection.</li> <li>2. Avoid vigorous exercise the day of collection for multiple tube sample collection.</li> <li>3. Women: Do not collect during menstrual period; 7-9 days before the start of your period is best. If periods are irregular, collect one week before period is expected or when you are not bleeding. You can collect an adrenal panel at any time of the month.</li> <li>4. Men and post menopausal women may collect any time of the month.</li> <li>5. Collect morning saliva no more than one hour after getting up. If your kit contains four (4) sample tubes, collect morning saliva samples at specified times throughout the day (e.g. first morning (#1 am), before lunch (#2 am), before supper (#3 pm), bedtime (#4 pm)).</li> <li>6. If you are taking/using hormones:           <ul style="list-style-type: none"> <li>• To avoid falsely high cortisol levels stop using hydrocortisone cream for at least five (5) days before and during collection. Check with your healthcare professional before discontinuing any medications.</li> <li>• If you have recently started hormone therapy, you should be on hormones for at least three (3) weeks before collection.</li> <li>• If you are using topical hormones (creams, gels), apply them the night before your saliva collection.</li> <li>• Synthetic hormones may affect progesterone, testosterone and/or estrogen levels. Women taking birth control pills or other synthetic hormones like MPA (medroxyprogesterone acetate) should discuss with a healthcare professional and should be indicate on the requisition.</li> <li>• If your healthcare professional wants a baseline hormone level you will have to be off oral/patch supplements for two (2) weeks prior to testing and off cream supplements for twelve (12) weeks prior to testing.</li> <li>• If you have questions about when to test because you are on hormone therapy, please contact your healthcare professional.</li> </ul> </li> </ol> |
| <b>Specimen Collection Instructions</b> | <ol style="list-style-type: none"> <li>1) Wash your hands thoroughly before beginning your collection.</li> <li>2) Begin collecting saliva in collection tube(s). If you have difficulty collecting saliva, gently press the tip of your tongue against your teeth or suck on a button. Do not eat, chew gum or sip water while collecting.</li> <li>3) ONE TUBE Sample: (first morning - #1 am) Label the green-top tube #1 and other information (see Sample Labelling). Spit into the morning until at least <math>\frac{3}{4}</math> full (excluding bubbles) or 5-7 mLs of saliva has been collected.</li> </ol>  |

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|  | <p>4) MULTIPLE TUBE Samples: first morning (#1 am, before lunch (#2 am), before supper (#3 pm), bedtime (#4 pm). Collect the first tube as indicated above. Label the remaining tubes with #2, #3 and #4 and other information (see Sample Labelling). Spit into each of the remaining tubes at the indicated time until it is at least ½ full (excluding bubbles) or 5 mL of saliva has been collected.</p> <p>5) Firmly screw the lids on each tube as it is collected and place upright in the freezer immediately after filling until ready to mail. If sample is being shipped same day as collection there is no need to freeze sample.</p> |
| <b>Additional Information</b>              | N/A   |
| <b>Specimen Conservation and Stability</b> | <ul style="list-style-type: none"> <li>• Room temperature if the sample is send on the same day of the collection.</li> <li>• Freeze the sample, if the sample is not send on the same day of the collection.</li> </ul>  |