

SALIVARY CORTISOL

PATIENT INSTRUCTIONS

It is important to follow these instructions carefully to ensure your test results are accurate.

Preparation:

Your Doctor has requested a Saliva Cortisol test

- Do not use any steroid inhalers for 24 hours before collecting a sample.
- Do not use any creams or lotions that contain steroids such as hydrocortisone.
- Do not collect a sample if your gums or the inside of your mouth is bleeding. Talk to your health care provider if you often have one or both problems.
- The collection device should not be used by children under the age of 3. Children under the age of 10 should have help from an adult.
- Do not brush or floss your teeth before collecting the sample. Do not eat or drink 30 minutes before collecting the sample.
- If specific times for collection are requested by your GP, please follow these instructions

Collection Procedure

- Wash your hands with soap and warm water, dry well with a clean towel.
- Remove the top cap of the tube. You will see the swab.
- Place the swab directly into your mouth by tipping the tube so that the swab falls into your mouth.
- Do not touch the swab with your fingers. Keep the swab in your mouth for 2 minutes. Roll the swab around in your mouth. (If you cannot roll the swab, keep it under your tongue.) Do not chew the swab.
- Put the swab back into the container without touching the swab. Put the cap back on the tube.
- Make sure it is closed tightly.
- Write your name, date of birth and the time the sample was collected on the label.
- Bring the sample back to Pathlab as soon as possible.



Your results can only be obtained from the requesting doctor

Please refer to our website for additional information
www.pathlab.co.nz

or alternatively contact
 07 858 0795