

Collection instructions for salivary cortisol testing

Before you begin

Let's prepare for a successful sample collection and return

Before collection

On the day of collection, avoid:

- Exercising
- Using any lip products

60 minutes before collection, avoid:

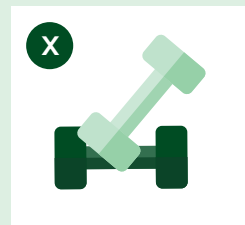
- Eating or drinking
- Using creams, lotions, or steroid inhalers
- Brushing or flossing your teeth (or anything that causes your gums to bleed)

Gather your materials:

- Collection tubes
- Labels for each tube
- Biohazard labels
- Permanent ink pen

Label each tube:

- Write your full name, date, and time of collection on the label
- Attach the completed label to the appropriate tube
- Attach a biohazard label to the tube



After collection

Refrigerate and return your sample:

- Place each saliva tube in the provided zip-top bag and seal it tightly
- Refrigerate the sealed bag
- Return the sealed bag with refrigerated sample(s) to a nearby Quest location or your doctor's office **within 24 hours after your last collection time**


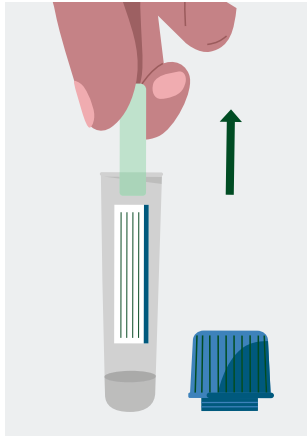
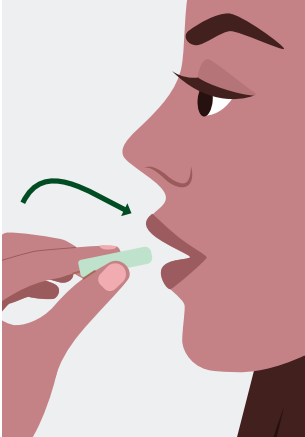
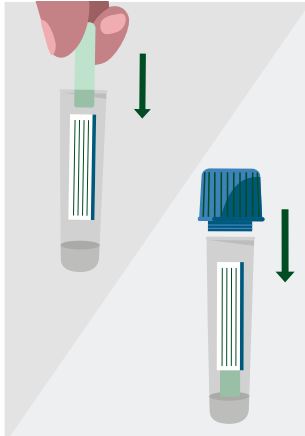
Important! Samples must be kept refrigerated and returned within 24 hours after your last collection time.

Label guide

Number of samples	Test codes	Collection times
1 sample	19897	Tube 1–Evening , between 11:00 PM and midnight <i>If your provider has given you a different time, please follow their guidance.</i>
2 samples	93020	Collection times can vary. Please contact your doctor for instructions.
3 samples	92687	Collection times can vary. Please contact your doctor for instructions.
4 samples	18921	Tube 1–Morning , within 30 minutes of waking Tube 2–Midday , between 11:00 AM and 1:00 PM Tube 3–Late afternoon , between 4:00 PM and 6:00 PM Tube 4–Evening , before going to bed

Steps for the Salivette® swab collection

Important! For reliable results, review and follow the steps on the front before collecting each sample.

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 - Wash and dry your hands
 - Place collection materials on a clean, dry surface
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 - Hold your tongue to the roof of your mouth to help gather saliva
 - Uncap and remove the swab from the Salivette
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 - Place swab in your mouth, on top of your tongue, for 2 minutes without chewing to absorb saliva
If needed, leave the swab in longer
- 
 - Return the swab to the Salivette
 - Recap it tightly
 - Place the Salivette in the zip-top bag and seal it tightly
 - Refrigerate the sealed bag
 - Return the sealed bag with refrigerated sample(s) within 24 hours after your last collection time

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