

PATIENT INSTRUCTIONS FOR SALIVARY CORTISOL COLLECTION

PRECAUTIONS:

1. Saliva should be collected at the time(s) prescribed by your doctor.
2. No food or fluids for 30 minutes prior to collection.
3. Do not use any creams, lotions or steroids inhalers immediately prior to collection.
4. Avoid any activity that can cause your gums to bleed, including brushing and flossing your teeth. Consult with your doctor if this is a chronic problem.
5. Do not use this kit on children under 3 years of age or any patient with increased risk of swallowing or choking.

INSTRUCTIONS FOR COLLECTION:

1. Rinse mouth thoroughly with water and discard. Do not swallow.
2. Hold the Salivette® at the rim of the suspended insert and remove the stopper.
3. Remove the swab.
4. Place the swab under the tongue until well saturated, approximately 1 minute.
5. Return the saturated swab to the suspended insert and close the Salivette ® firmly with the stopper.
6. Do not remove the tube holding the insert. The Salivette® should be sent to the IACH lab with the swab inside.
7. Label the Salivette® properly.
8. The Salivette® may be refrigerated if it cannot be sent to the IACH laboratory within 24 hours of collection.

