

Collecting a salivary sample for cortisol measurement is a convenient way to determine the cortisol level in your body.

A cortisol test may be used to help diagnose Cushing Syndrome, a condition associated with excess cortisol, or less commonly to help diagnose adrenal insufficiency, conditions associated with cortisol deficiency.

Cortisol hormones are produced and secreted by the adrenal glands, which are (small glands located on top of each kidney).

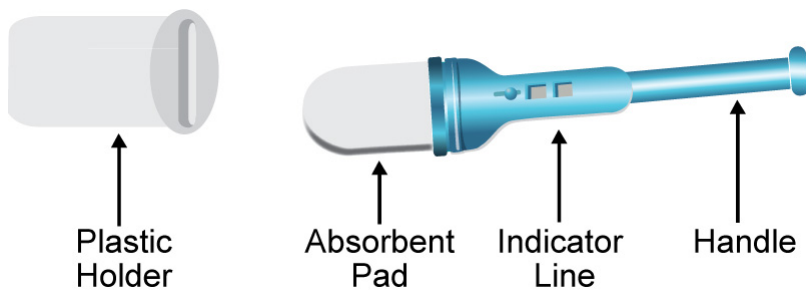


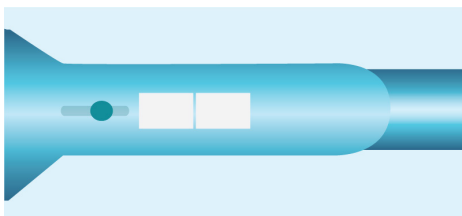
Figure 1

Before Collection

- 1- Collect saliva at the specific time.
- 2- 24 hours before collection: do not use any creams or lotions that contain steroids and do not use any steroid inhalers. Make sure to contact your healthcare provider if you have any questions.
- 3- One hour before collection: avoid brushing your teeth or using floss before collecting saliva.
- 4- 30 minutes before collection: do not eat or drink anything.
- 5- If you suffer from chronic gum bleeding, do not collect the sample and inform your healthcare provider.

Saliva Collection

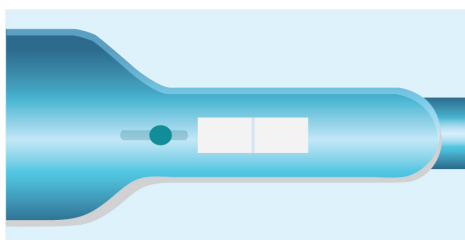
- 1- Wash your hands with soap and water.
- 2- Open the package and remove the collection device.
- 3- Avoid touching the absorbent pad.
- 4- Check the blue indicator line (Figure 2).



- 5- Place the absorbent pad under the tongue to start collecting saliva (Figure 3).



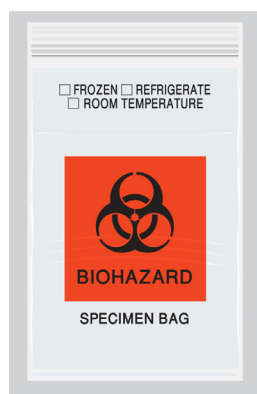
- 6- Continue the collection until the blue indicator line changes or fades (about ten minutes) (Figure 4).



- 7- Remove the device from your mouth, and then place the pad into the plastic holder.
8- Place a white label (available with the kit) on the plastic holder and write your name, date of birth and the time and date of collection. Put the specimen in a small bag to seal (Figure 5).



- 9- Return the specimen bag to the Laboratory within one day (Figure 6).



- 10- If storing the specimen more than 24 hours, please keep it refrigerated (do not freeze).

References

<http://www.crlonline.com/lco/action/doc/retrieve/docid/disandproc/4721328>
<https://labtestsonline.org/understanding/analytes/cortisol/tab/test>