

Salivary Cortisol

Please read these instructions prior to starting your collection. This test must be performed at midnight (or requested time).

Preparation

- Relax for approximately 1 hour before collection of saliva.
- Do not eat anything for 30 minutes prior to specimen collection.
- Remove any lipstick.
- No brushing or flossing teeth for 30 minutes prior to collection.
- Inside the Salivette tube is a smaller suspended tube/insert. Do not separate these tubes – they must be returned as one unit. This is to avoid leakage from the insert, and the entire unit is used to centrifuge the sample.

Collection

- Hold the Salivette tube and remove the stopper. By pushing the stopper slightly to the side while lifting the lid, the suspended insert will remain in place.
- Do not touch the sponge inside the Salivette tube with your fingers.
- Tip the sponge directly into your mouth.
- Gently chew the sponge for 2 minutes. Keep the sponge in your mouth until you feel that you can no longer prevent yourself from swallowing the saliva produced.
- Hold the saturated sponge with your teeth and return the sponge directly into the tube.
- Close the Salivette tube firmly with the stopper.
- Write name, date and time of collection onto the Salivette tube.

Keep the sample in the fridge prior to delivering it to your nearest Collection Centre.

ACT Pathology Collection Centres

- The Canberra Hospital - Ph 5124 2816
Mon - Fri 7.30 - 5.30
Saturday 8.30 - 12.15
- Gungahlin - Ph 5124 1135
Mon - Fri 7.30 - 4.30
Saturday 8.30 - 12.30
- Belconnen Health Centre - Ph 5124 1502
Mon - Fri 8.00 - 5.00
- Tuggeranong Health Centre - Ph 5124 1352
Mon - Fri 8.00 - 5.00
Saturday 8:30-12.00
- University of Canberra Hospital – Ph 5124 0230
Mon – Fri 8.00 – 4.15

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