



Cortisol, Saliva Collection Instructions

AML Test # 8056/COS

Special Instructions for Collection:

- Do not brush teeth before collecting the sample
- Do not eat or drink for 15 minutes prior to sample collection
- Collection sample between 11pm and midnight *
- Use Sarstedt Salivette collection device *ONLY*

To use the Salivette:

- Remove top cap of the tube to expose the swab
- Place swab directly into the mouth by tipping the tube so that the swab falls into the mouth
- DO NOT touch the swab with your fingers
- Keep the swab in your mouth for approximately one minute. Roll the swab in your mouth
- DO NOT chew the swab
- Spit the swab back into the tube. DO NOT touch the swab with your fingers
- Replace the cap, making sure that it is screwed on tightly
- Record the collection time on the tube

* **NOTE:** Your doctor may require a different collection time. You may also collect the specimens from 7am to 9am or 3pm to 5pm, depending on your doctors instructions.

Test is sent by AML to Mayo Medical Laboratories.