



St.Michael's

DEPARTMENT OF LABORATORY MEDICINE  
DIVISION OF PATHOLOGY

Document Name: Salivary Cortisol Collection  
Instructions

Document #: 99487  
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## SALIVARY CORTISOL COLLECTION INSTRUCTIONS

### Purpose:

To provide Instructions for collecting saliva with the Salivette® for Cortisol determination

### Materials supplied:

1. Salivette® Tube
2. Biohazard bag

### Materials needed but not supplied:

1. Requisition completed by physician or clinic

### Collection Guidelines:

1. Collect 1 or more specimens at the time(s) specified by your physician.
2. Use a new Salivette® Tube for each collection.
3. Collect saliva no earlier than 30 minutes after eating, drinking or oral intake of drugs.
4. In the morning, collect prior to using toothpaste or mouthwash.
5. Do not use this product for children under the age of 3 or patients with increased risk of swallowing the swab.

### Collection Instructions: (Salivette diagram below)

1. Usual collection times are morning (between 6 – 10 a.m.) and/or afternoon (between 4 – 8 p.m.) or late night (11:30 p.m. – 12:30am).
2. After washing your hands, remove the sterile cotton swab from the insert of the Salivette®. Gently chew the cotton wool swab for 60 seconds to stimulate salivation.
3. Return the saturated swab (b) to the suspended insert (c) and close the Salivette® firmly with the stopper (a). Place the suspended insert (c) into the centrifuge vessel (d)
4. Label the centrifuge vessel (d) with the patient label provided to you. The specimen must contain your name (Last, First), date of birth, collection date and collection time.
5. Return the Salivette® to the lab. If it is not possible to return it immediately, or if you have to collect several samples, you must keep the Salivettes® in the refrigerator.

### IMPORTANT NOTES

1. Accurate and complete labeling is very important; failure to do so will cause sample rejection and re-collection will be required.
2. Do not use the Salivette® which is past the expiry date (yyyy-mm) indicated on the Salivette® label.

### Storage Instructions:

1. Keep specimen refrigerated until it is brought to the laboratory

### Delivery to the Lab:

1. Sample must be labelled with your NAME, DATE OF BIRTH, MRN # and /or OHIP
2. Ensure the START/FINISH dates and times are written on the requisition
3. Make sure the lid is tightly fastened
4. Deliver specimen to; Blood Collection Centre -OR-  
Core Lab. 2<sup>nd</sup> Floor Cardinal Carter Wing RM 2005

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**Questions:**

Please call the Department of Laboratory Medicine at 416-864-5082

**Salivette® Diagram**



**References**

1. Elecsys Cortisol II. Package Insert 2017-12, V5.0 English
2. Sarstedt Salivette® Hygienic saliva collection for diagnostics and monitoring. Brochure 156c-200.

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