

SALIVA CORTISOL INSTRUCTIONS

Prior to collection:

- Do not brush teeth before collecting specimen
- Do not eat or drink for 15 minutes prior to sample collection
- Collect the sample between 11:00 p.m. and midnight
(**Note:** Your provider may specify a different collection time)

Collection Procedure using the *Salivette*

1. Remove the top cap of the tube to expose the swab.
2. Place the swab directly in the mouth by tipping the tube to allow the swab to fall into the mouth. Do NOT touch the swab with your fingers at any time.
3. Keep the swab in your mouth for approximately two minutes. Roll the swab in your mouth. Do NOT chew the swab.
4. Spit the swab back into the tube. Again, do NOT touch the swab with your fingers.
5. Replace the cap, checking that the cap is screwed on tightly.
6. Record your **full legal name, date of birth, collection date and time** on the tube.
7. *Store specimen in the refrigerator* until it is either returned to Sanford Laboratories or mailed.
8. A postage paid label will be provided with the kit if the patient chooses to mail the specimen.

Specimen Return

1. Chill the cool pack in the refrigerator for one hour.
2. Place the labeled specimen tube into the plastic zip-lock bag provided in the kit and close the zipper.
3. Wrap the CHILLED cool pack around the zippered bag and place in the Styrofoam container.
4. Seal the Styrofoam container with tape.
5. Place the Styrofoam container inside the shipping box.
6. Seal the shipping box with tape.
7. Attach the postage paid label to the shipping box and include your return address on the box.
8. If multiple specimens are collected, do not send in one shipping box. Send each specimen as soon as it is collected.

If you live within the Sioux Falls area:

To avoid a delay in testing, please return the sample **as soon as possible** to:

*Sanford Laboratories Patient Service Center
1205 S Grange Ave
Suite G01 (Ground level of Medical Building 2)
Sioux Falls, SD 57105*

If you live outside the Sioux Falls area and prefer to mail your sample:

Please return **as soon as possible** via US mail using the **pre-labeled** shipping box (address below) and drop in any US mail receptacle:

*Sanford Laboratories Patient Service Center
1205 S Grange Ave
Suite G01 (Ground level of Medical Building 2)
Sioux Falls, SD 57105*