

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 physician may require 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 is included with this kit.

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 into the pre-labeled Styrofoam container provided.
4. Seal the Styrofoam container with tape.
5. If multiple specimens are collected, do not send in one mailer. 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:

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

*Sanford Laboratories
1305 W 18th ST
PO BOX 5039
Sioux Falls, SD 57117-9869*