

1.8.2024

Saliva sample for measurement of cortisol (Sa-Korsol, 6358)

Preparation for measurement

Physical strain and time of the day have an impact on cortisol in the body. Therefore the sample is collected early in the night and physical strain should be avoided for 3 hours before sampling. Eating and teeth brushing have an impact on saliva secretion. Therefore do not eat or brush your teeth for 1 hour before saliva sampling.

Cortisol medication (prednisone etc.) have an impact on cortisol values. Your physician gives you instructions about interruption of medication, if necessary. Hydrocortisone creams sold in pharmacies do not impact the measurement if they do not end up in the saliva sample from your hands or otherwise.

Sampling kit

- Salivette sampling tube with a cotton swab inside. **Do not touch the cotton swab with your hands at any time.** You can pick up a collection tube from your nearest ISLAB service point.
- Label for personal data and date and time of sampling.

Collection of saliva sample

Collect the saliva sample early in the night at 11-12pm. Half an hour early or late is not critical. Do not use any saliva inducing substances, such as lemon juice when you take the sample. Flush your mouth with clean water and empty it before sampling.

- Open the collection tube by bending the blue cap carefully so that the inner tube does not come out. If the inner tube loosens push it back in. Do not touch the cotton swab in the inner tube.
- Pour the cotton swab in the tube straight into your mouth. Do not touch the swab with your hands.
- Keep the swab in your mouth for at least 1 minute, or as long as the swab feels dampened and does not absorb any more saliva. (when you need to swallow the extra saliva).
- Drop the damp swab directly from your mouth into the inner tube of the collection tube (without touching it with your hands). Close the tube with the blue cap.
- Write your name, personal identity code and date and time of sampling. Stick the label lengthwise on the side of the sample tube.

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Storage and transportation of sample

Information about the date and time of sampling is important for interpretation of the result. Write your name, personal identity code and exact time of sample collection on the tube label and on this form:

Name: _____

Personal identity code: _____

Date: _____

Time of collection: _____

Store the sample in a cold place overnight and take it to the laboratory the next day. The sample can be transported to the laboratory in room temperature. Bring this collection instruction to the laboratory together with the sample.

Let the person collecting the sample know if you were not able to follow these instructions or if you were given other kind of instructions.

Your medical care physician or nurse will answer inquiries concerning testing and test results. The laboratory will answer questions related to sampling procedure.