

## INSTRUCTIONS FOR COLLECTING A SALIVA SAMPLE FOR DETERMINING THE CORTISOL LEVEL FOR A PATIENT

Your physician will decide whether it is necessary to analyse your saliva. You will receive a referral and a sample container from the physician who prescribed the test, a nurse, or a laboratory employee.

### Preparations for collecting saliva:

- avoid physical activity for 3 hours before sampling;
- collect the sample at least 1 hour after eating, drinking, or brushing your teeth;
- collect the sample **at around 10 p.m.–12 a.m. before going to bed.**

### Collecting saliva into a sample container (a special two-section tube):

- open the sample container (figure 1);
- drop the cotton swab from the container into your mouth without touching it with your hands;
- allow the swab to absorb saliva for at least 1 minute. NB! Enough saliva must be absorbed into the swab;
- bring the sample container to your mouth and spit the swab into the tube without using your hands;
- seal the container properly with a cap (figure 5);
- write your **name and personal identification code** on the side of the sample container;
- write the **date and time** of collecting the sample on the referral. **The exact time of collecting the sample is very important in the case of this test, as cortisol values vary greatly.**

### Storage of the sample container with the sample:

- store the sample container in a refrigerator at +2 ...+8 °C.

### Delivering the sample to the lab:

- bring the sample container to the reception of the lab within 12 hours after collecting the sample.

Further information about the location and opening times of the laboratory can be found on the website of the North Estonia Medical Centre at [www.regionaalhaigla.ee](http://www.regionaalhaigla.ee) or by calling **617 1300**.

