

CORTISOL (SALIVARY)

PATIENT INSTRUCTIONS

It is important to follow these instructions carefully to ensure your test results are accurate.

Preparation:

Do not use any steroid inhalers for 24 hours before collecting a sample.

Avoid creams or lotions containing steroids (e.g., hydrocortisone).

Do not collect a sample if your gums or the inside of your mouth is bleeding. Speak with your healthcare provider if this happens often.

The collection device should not be used by children under 3 years old. Children under 10 should have adult assistance.

Do not brush or floss your teeth before collecting the sample. Avoid eating or drinking for 30 minutes before collection.

If your doctor has requested specific collection times, follow those instructions carefully

Collection Procedure

- Wash your hands thoroughly and dry them.
- Remove the cap and take out the swab without touching it.
- Place the swab in your mouth and roll it around for 2 minutes (or keep it under your tongue). Do not chew or touch the swab.
- Return the swab to the tube, replace the cap tightly.
- Label the tube with your name, date of birth, and collection time
- Return the sample to Pathlab as soon as possible.



Your results can only be obtained from the requesting doctor

Please refer to our website for additional information
www.pathlab.co.nz

or alternatively contact
07 858 0795