

# SALIVARY CORTISOL PATIENT INSTRUCTIONS

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

## Preparation:

Your Doctor has requested a Saliva Cortisol test

- Do not use any steroid inhalers for 24 hours before collecting a sample.
- Do not use any creams or lotions that contain steroids such as hydrocortisone.
- Do not collect a sample if your gums or the inside of your mouth is bleeding. Talk to your health care provider if you often have one or both of these problems.
- The collection device should not be used by children under the age of 3. Children under the age of 10 should have help from an adult.
- Do not brush or floss your teeth before collecting the sample. Do not eat or drink 30 minutes before collecting the sample.
- If specific times for collection are requested by your GP please follow these instructions

## Collection Procedure:

- Wash your hands with soap and warm water, dry well with a clean towel.
- Remove the top cap of the tube. You will see the swab.
- Place the swab directly into your mouth by tipping the tube so that the swab falls into your mouth.
- Do not touch the swab with your fingers. Keep the swab in your mouth for 2 minutes. Roll the swab around in your mouth. (If you cannot roll the swab, keep it under your tongue.) Do not chew the swab.
- Put the swab back into the container without touching the swab. Put the cap back on the tube.
- Make sure it is closed tightly.
- Write your name, date of birth and the time the sample was collected on the label.
- Bring the sample back to Pathlab as soon as possible.



***Your results can only be obtained from the requesting doctor***

If you have any problems, please contact one of the following:

Waikato  
07 858 0799

Bay of Plenty  
07 578 7073

Whakatane  
07 306 0906

Rotorua  
07 348 2106

Taupo  
07 376 5103  
07 376 1045

## SALIVARY CORTISOL NGA TPHOTOHU MATUA

He mea nui ki te whai i enei tohutohu kia tika ai to hua whakamatautau.

### Preparation:

Kua tonohia e to taakuta he whakamatautau Saliva Cortisol

- Kaua e whakamahi i nga mea whakaongohanga steroid mo te 24 haora i mua i te kohi taura.
- Kaua e whakamahi i nga kirīmi me nga hinu e mau ana te steroids pera i te hydrocortisone.
- Kaua e kohia he taura mena kei te toto to niho, o roto ranei o to waha. Me korero ki to kaihautu hauora mena ka pa ki a koe tetahi o enei raru e rua ranei.
- Kaua e whakamahia te taputapu kohikohi e nga tamariki kei raro iho i te 3 tau. Me whai awhina nga tamariki kei raro iho i te 10 tau mai i te pakeke.
- Kaua e parai, e miro ranei o niho i mua i te kohi taura. Kaua e kai, kaua e inu 30 meneti i mua i te kohi taura.

### Collection Procedure:

- Horoia o ringaringa ki te hopi me te wai mahana, whakamaroke pai ki te tauera ma.
- Tangohia te potae o runga o te ngongo. Ka kite koe i te kaukau.
- Whakanohoia te pania ki roto i to waha ma te tarai i te ngongo kia taka te pani ki roto i to waha.
- Kaua e pa ki te pania ki o maihao. Purihia te pani ki roto i to waha mo te 2 meneti. Hurihia te pania ki roto i to waha. (Ki te kore e taea e koe te huri i te ūkuia, puritia ki raro i to arero.) Kaua e ngaungau te ūkuia.
- Whakahokia te pania ki roto i te ipu kaua e pa ki te pani. Whakahokia te potae ki runga i te ngongo.
- Me tino katia.
- Tuhia to ingoa, te ra whanau me te wa i kohia ai te taura ki te tapanga.
- Kia tere te whakahoki mai i te taura ki Pathlab.



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