

### **Patient Instructions for Collecting Saliva with the Salivette:**

Do not brush teeth before collecting sample. Do not eat or drink for 15 minutes prior to sample collection.

- 1) Collect the morning saliva cortisol sample between 0700h and 0900h. Collect the late night sample between 2300h and 2400h. Collect samples in a Sarstedt Salivette Tube.
- 2) Hold the Salivette at the rim of the suspended insert (c) and remove the stopper (a). Removal of the stopper is easier if you slightly push it to the side when opening the suspended insert.
- 3) Do not touch the swab with fingers. Remove the cotton swab (b) from the Salivette by tipping the container so the swab falls directly into mouth.
- 4) To collect the saliva, roll the swab in your mouth. Do not chew the swab. Keep the swab in your mouth until you feel that you can no longer prevent yourself from swallowing the saliva produced. This normally takes about 60 to 90 seconds but may take a little longer.
- 5) Then spit the swab back into the suspended insert (c) without touching it. Close the Salivette firmly with the stopper.
- 6) Record the collection time on the label of the container and return the Salivette to the laboratory. Samples for cortisol analysis are stable for at least a week at room temperature.

### **SALIVETTE: for Saliva Collection**

**a) Stopper**



**b) Swab**



**c) Suspended  
Insert**



**d) Centrifuge  
Vessel**

