

MIDNIGHT SALIVARY FREE CORTISOL

COLLECTION INSTRUCTIONS:

1. Rinse mouth thoroughly with water and discard. **Do not** swallow.
2. Hold the Salivette at the rim of the suspended insert and remove the stopper.
3. Remove the swab.
4. Place the swab under the tongue until well saturated approximately 30 seconds to one minute.
5. Return the saturated swab to the suspended insert and close the Salivette firmly with the stopper.
6. **Do not** remove the tube holding the insert. The Salivette should be sent to the lab with the swab inside.
7. Label the Salivette with the Patient Name, Date and Time of Collection, and any other identifying information.

PRECAUTIONS:

1. Saliva should be collected at the time prescribed by the Doctor.
2. No food or fluids for 30 minutes prior to collection
3. **Do not** use any creams, lotions, or steroid inhalers immediately prior to collection.
4. Avoid any activity that can cause your gums to bleed, including brushing and flossing your teeth. Consult with the Doctor if this is a chronic problem.
5. **Do not** use this kit on children under 3 years of age or any patient with an increased risk of swallowing or choking.

MINIMUM VOLUME:

0.2 mL saliva

SPECIMEN STABILITY:

Store at room temperature for up to 5 days