

# LATE-NIGHT SALIVARY CORTISOL INSTRUCTIONS

Patient name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Physician: \_\_\_\_\_ Date: \_\_\_\_\_

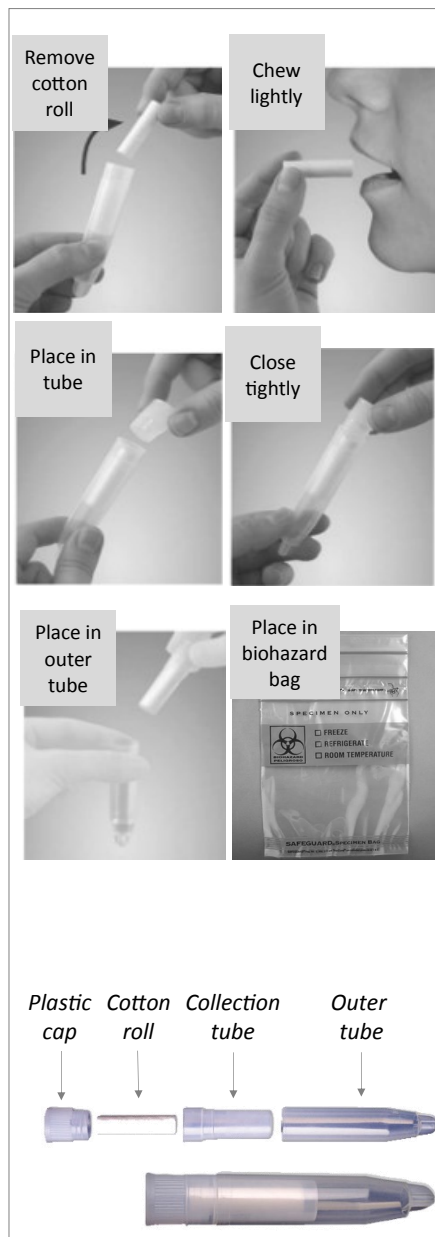
Your doctor has asked you to perform late-night salivary cortisol sampling.

Please follow these instructions to ensure the sample is collected and handled in the correct manner.

1. Collect sample between 11:00 p.m. and midnight on two separate occasions, preferably two nights in a row, for a total of 2 samples.

- Do **NOT** smoke or drink alcohol for at least twelve (12) hours before collecting the samples.
- Do **NOT** brush your teeth for at least one (1) hour before collecting the samples.
- Do **NOT** eat or drink anything thirty (30) minutes before collection.
- Rinse your mouth out with water ten (10) minutes before collection.
- Do **NOT** use hand creams, lotions, or ointments before collecting the samples.

2. Between 11:00 p.m. and midnight, remove the collection tube from the outer plastic container.
3. Remove plastic cap from the collection tube and remove the cotton roll.
4. Place the cotton roll in your mouth and chew lightly until saturated.



5. Return the cotton roll to the collection tube and cap securely.
6. Place collection tube in the outer tube and cap securely.
7. Print your full name, and the date and time of collection on the label on the outer tube.
8. Place in the refrigerator.
9. Follow Steps 1 through 8 the following night.
10. The following morning:
  - Remove the samples from the refrigerator.
  - Place both in the biohazard bag and seal.
  - Place the bag in the mailing container along with this sheet.
  - Take to the post office, or drop off at our main lab:

Wisconsin Diagnostic Laboratories  
9200 W. Wisconsin Avenue  
Milwaukee, WI 53226  
414.805.7600

*Park in the Children's Hospital of Wisconsin  
Emergency parking lot.  
Enter through Door 21.*