

## Cortisol in saliva (Sa-Korsol, 6358)

The examination is done to study the secretion of cortisol by the adrenal cortex.

### Materials

1. Salivette – collection tube. You will get it from the ward, the outpatient clinic or the lab (Figure).
2. Plastic bag



### Preparation

Please follow the instructions. This is very important for a reliable result.

1. Avoid physical strain for 3 hours before giving the saliva sample.
2. Avoid brushing your teeth and food and drink for 1 hour before giving the saliva sample.
3. If you are using hydrocortisone ointment, **be very careful that the ointment does not come into contact** with your saliva sample or with the polyethene wad used to collect the saliva sample. This may happen unintentionally through contact with your hands.
4. Do not use any substance to increase your saliva secretion, e.g. lemon juice.
5. Rinse your mouth with pure water and empty your mouth before you start the saliva collection.

### Procedure

1. You cannot take the sample on Friday or Saturday night or before a public holiday, as the sample has to be delivered to the laboratory next morning (working day). Collect the saliva sample at around 11–12 PM (23–24 hours). Missing the timelines by half an hour is not critical.
2. Open the Salivette tube. You will find a polyethene wad in the tube.
3. **Without touching** the wad with your hands, put it in into your mouth and keep it in your mouth **for at least 1 minute** or as long as is needed to have the wad soaked in saliva and it no longer absorbs more saliva and you need to swallow the excess saliva.
4. Put the wet wad **back into the tube without touching it with your hands**. Take care that the wad comes inside the plastic case in the tube.
5. Use the blue cap to close the tube securely.
6. Write your name, social security number, sampling date and sampling time on the tube.
7. Put the sample tube into the plastic bag.
8. Keep the sample tube in a refrigerator.

Take the sample tube to the laboratory next morning after the sampling.

You may ask for the result of this examination at the hospital unit where you are being treated.

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