



## SALIVA SAMPLE | CORTISOL TEST

Your prescriber has requested a saliva sample to evaluate your level of cortisol, a hormone secreted by the adrenal glands, in your saliva. This test helps to screen for certain health issues and diseases, including Cushing's syndrome. The sampling is usually performed at the usual bedtime. However, your prescriber may ask you to make this sampling at another time of the day, for example in the morning or at midnight.

### EQUIPMENT REQUIRED

- Salivette® Cortisol



Photo for reference purposes

### INSTRUCTIONS

Children aged less than 3 years or those at risk of swallowing the swab cannot use the Salivette® Cortisol. Speak to your prescriber.

- You must take the saliva sample at the exact times prescribed by your prescriber.
- Certain precautions must be taken when taking the saliva sample to prevent altering cortisol level test results.

#### 24 hours before taking the sample

- Do not engage in strenuous physical exercise and avoid intense stress.
- Avoid the use of cortisone-based creams or ointments.

#### 12 hours before taking the sample

- Do not drink alcohol.

### IMPORTANT

You must take the sample at the exact times required by your prescriber. If you are required to take a sample at midnight, do not change your routine. Ask someone to wake you up gently to prevent you from being startled by the alarm clock.

#### 3 hours before taking the sample

- You must fast before taking the sample. You may drink **only** a moderate amount of water.
- Do not smoke (tobacco or liquid nicotine).
- Do not chew gum.
- Do not do any physical activity.

#### 1 hour before taking the sample

- Do not brush your teeth.

#### 10 minutes before taking the sample

- Gargle **with water**.

### HOW TO COLLECT A SAMPLE

1. Wash your hands with soap and water for 20 seconds and then dry them.
2. Open the Salivette® Cortisol and put the swab under your tongue, making sure your fingers do not touch the swab.
3. Soak the swab with saliva for at least three minutes by rolling it under your tongue or until it is full of saliva. **Do not chew the swab.**
4. Put the swab back into its original container, taking care handling it the least possible with your fingers. Cap the Salivette® Cortisol.

## LABELLING THE CONTAINER

- Make sure the following are labelled on the container:
  - your last name and first name;
  - your medical insurance number (RAMQ);
- Write the **DATE AND TIME** the sample was taken on the designated label, taking care not to write on the barcode.
- Note the hours as follows:
  - 11:59 p.m. to indicate midnight;
  - 8:00 a.m. to indicate the morning;
  - 20 h 00 for sampling done during the evening (PM).
- Make sure that all of the information is exact, clear and legible.
- Samples that do not contain all of the information will not be analyzed in the laboratory.

## WHEN AND WHERE TO RETURN YOUR SALIVA SAMPLE

- To guarantee the quality of the test, return the container(s) in a sealable waterproof bag at room temperature within a maximum of 12 hours.
- If you cannot return your tubes within this deadline, keep them for up to 5 days in the freezer.
- Remember to bring the prescription given to you by your prescriber, if applicable.
- Put your container bag in a second bag and insert your prescription.
- Return your containers to a CIUSSS de l'Estrie – CHUS collection centre. To learn more about locations and business hours, visit [santeestrie.qc.ca/sampling](https://santeestrie.qc.ca/sampling).

## DO YOU HAVE ANY QUESTIONS?



[santeestrie.qc.ca/sampling](https://santeestrie.qc.ca/sampling)



Info-Santé 811  
OR  
Speak to your prescriber.

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### Revision and layout

Service des communications

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