



## MIDNIGHT SALIVARY CORTISOL TEST

Salivary specimen must be collected between 11pm–12 midnight. Follow instructions below.

### PREPARATION

- Label the tube with your name, date of birth and date and time of collection.
- Relax for approximately 1 hour before collection of saliva (high activity or excitement can raise your cortisol level).
- Do not eat or drink anything for 30 minutes prior to specimen collection.
- Remove lipstick or lip balms and avoid brushing or flossing teeth for 30 minutes prior to collection.

### COLLECTION

1. Remove the cap of the tube by pushing it slightly to the side.
2. **Do not** remove the sponge holder (if it is dislodged, push it back into the tube).
3. **Tip the sponge directly into your mouth. Do not touch the sponge inside the tube with your fingers.**
4. Very gently, chew and roll the sponge in your mouth for 2 minutes.
5. When finished, hold the saturated sponge with your front top and lower teeth and return the sponge directly into the tube holder without touching it.
6. Close the tube firmly with the cap. Keep the specimen in the fridge prior to delivering it to your closest collection centre.

**IMPORTANT: Do not use for children or any individual where there is a potential risk of swallowing the sponge.**