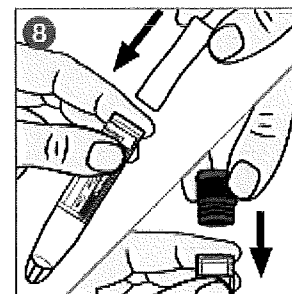
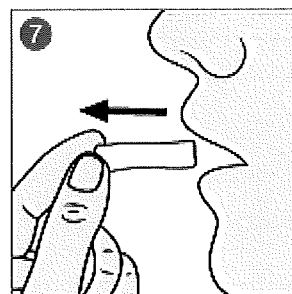
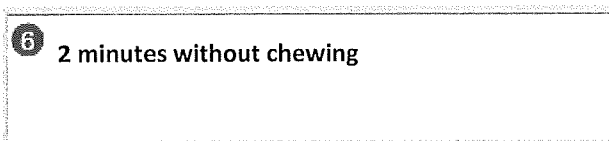
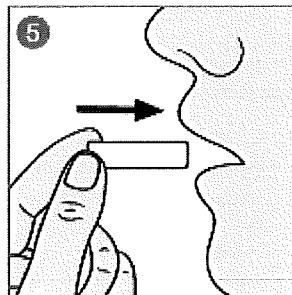
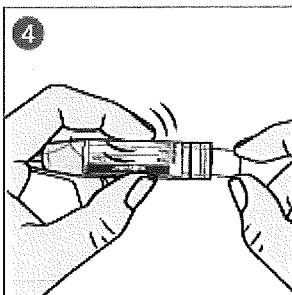
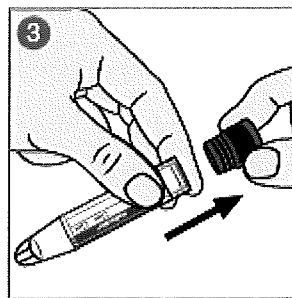
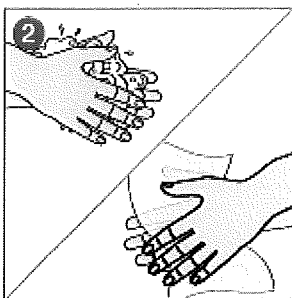
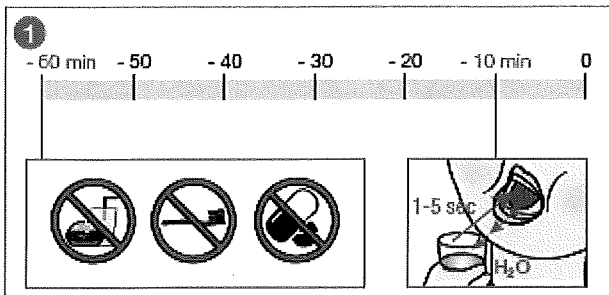


Te Whatu Ora

Health New Zealand

Saliva Cortisol collection with a Salivette



For up to 60 mins prior to collection:

Do not brush your teeth.

Do not eat, drink, or take any medications.

10 mins prior to collection:

Rinse your mouth with water.

Collection procedure:

Collect sample between 11.00pm and midnight.

(Note: your provider may specify a different collection time).

Wash your hands.

Remove the top cap of the tube to expose the swab.

Promptly place swab into mouth.

Keep the swab in your mouth (e.g. in your cheek) for two minutes. Do **NOT** chew the swab. Keep swab in for longer if minimal saliva is produced.

Place swab back into tube- avoid touching the swab for too long.

Replace the cap, checking that the cap is securely fastened.

Record your **name, date of birth, collection time and date** on the tube.

Store the specimen in the refrigerator **immediately after collection** and **keep refrigerated** until sample is processed by the laboratory.