



# Provtagning för saliv-kortisol

## Sampling instructions for salivary cortisol

### Patient instructions

- Avoid alcohol for at least 12 hours prior to sampling.
- Do not eat, drink or use tobacco 1 hour prior to sampling. Do not brush teeth.
- Avoid vigorous physical activity 1 hour prior to sampling. Rest, preferably lying down, at least 15 minutes prior to sampling.
- Rinse your mouth with water 10 minutes prior to sampling.
- Carefully follow the sampling times you have been instructed.
  - Morning-sample must be taken within an hour after awakening (07-09 AM).
  - Night-samples should be taken just before going to bed (10-12 PM).

### Do as follows:



1. Open the cap and take the swab directly into your mouth, without touching by fingers.
2. Keep the swab in your mouth until it is saturated with saliva.
3. Put the swab back into the tube without touching by fingers. Replace the cap securely.
4. Register the date and sampling time on the tube.
5. Return the sample to the laboratory, preferably on sampling day.
6. Keep the sample cool if you will return it next day.