



SALIVARY COLLECTION FOR CORTISOL ASSAY RECOMMENDATIONS

! Conditions to be met before each collection (1 hour before sampling):

- Do not eat
- Do not brush your teeth
- Do not take any medication
- No smoking/vaping

Please follow these instructions

01.

Stick a numbered label on this sheet.

Then, for each saliva collection

Stick a numbered label on the tube.

Note the date and time of collection on the form.

Note the serial number of the collection on the tube.

The identification number is the same for all tubes.



02.

Wash your hands with soap and water, then dry them.



03.

Rinse your mouth for **5 seconds** with water and then spit it out.



04.

10 min

Wait 10 minutes.



05.

Remove the cap by pulling it upwards.

Pick up the swab, touching it as little as possible.



06.

Place the swab in your mouth, under your tongue.

Roll it under your tongue for 3 minutes without chewing it.



07.

Touching it as little as possible, take the swab and put it back in the tube.



08.

Close the tube with the cap.



09.

Keep the tubes in the refrigerator until they are delivered to the laboratory (no later than the day after collection). *Please note that deposits cannot be made on Sundays and public holidays.*



! Do not use on children or persons at risk of accidental ingestion.

Save time
CHECK-IN

