

SALIVA CORTISOL

You have been asked to collect saliva samples for cortisol. This is usually done when looking for a condition called Cushing's syndrome, which is when your body produces too much cortisol (a stress hormone).

It is very important that you follow these instructions or else we may not be able to interpret the results:

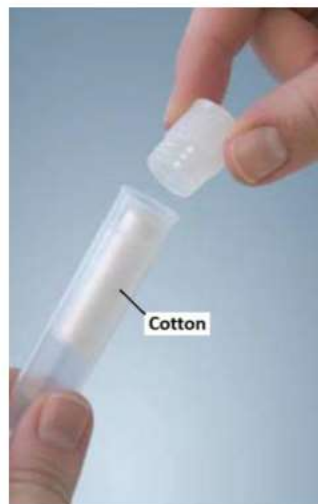
- Collect the sample at 11pm
- Do not brush your teeth or floss until after you have finished collecting the sample
- Do not eat or drink anything for 2 hours prior to collecting the sample
- Do not smoke cigarettes for 2 hours prior to collecting the sample
- If collecting multiple samples, try to collect them on consecutive nights (eg Tuesday then Wednesday)
- If also doing a 24-hour urine collection for cortisol, do one of the saliva tests on the night that you are collecting urine

Directions to collect the sample:

- Unscrew the lid of the plastic tube
- Empty the contents of the tube (the cotton inside) into your mouth
 - Avoid using your hands if possible – try to hold the tube upside down above your mouth
- Roll the cotton inside your mouth for 3-4 minutes, until it is soaked with saliva
- Spit the cotton back inside the tube
 - Again try to avoid using your hands
- Screw the lid back on
- Label the tube with your name, date, and time of collection
- Return the sample to the lab (the sample can be kept at room temperature for several days)

You must avoid the use of the following medications on the day that you collect your saliva (unless I instruct you otherwise):

- Steroid pills, such as prednisone, prednisolone, dexamethasone (Decadron), hydrocortisone (Cortef), cortisone
- Steroid creams, such as hydrocortisone, fluticasone, mometasone, triamcinolone, betamethasone, clobetasol
- Rectal steroids (suppositories), used for hemorrhoids
- Steroid injections, often injected into joints for arthritis
- Steroid nasal sprays, such as Flonase or Nasonex, for sinus issues
- If you use steroid puffers/inhalers regularly (such as Advair or Symbicort), for asthma or COPD, **do not stop them for this test!** Please let me know that you take these prior to doing the test.



This picture shows the cotton inside the plastic tube.

Avoid touching the cotton with your hands – hold the open tube above your mouth instead.