Cortisol Testing

Instructions for collecting saliva

1. Collect saliva at 11:00 pm - avoid food, drink or medications 30 minutes prior to collection
2. Place cotton swab from plastic inner tube directly into your mouth by tipping the container – do not touch the swab
3. Keep the cotton swab in your mouth for 1 -2 minutes – do not chew swab
4. Replace the swab directly from your mouth into the inner plastic tube without touching the swab and replace the stopper
5. Insert the smaller tube into the larger tube
6. Write down the date the specimen was collected on the lab order
7. Bring the tube and lab order to the lab *the next morning*
8. Or mail the tube and lab order in a plastic lined envelope to;

University of Kansas Hospital

Clinical Laboratory – MS 4049

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Kansas City, KS 66160