


Title: Salivary Cortisol Samples – patient instruction.	Revision: 2	 University Hospitals Sussex NHS Foundation Trust
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INFORMATION FOR PATIENTS PROVIDING SALIVA SAMPLES FOR CORTISOL

You have been asked to collect a sample of saliva (spit) and take this to the hospital. This is to help us measure how much cortisol you are producing.

What to do:

- Please collect the sample between 11 pm and midnight.
- Wash your mouth out thoroughly with cold water, then empty it completely, 10 minutes before the sample collection time.
- Collect the saliva in the front of your mouth and spit or drool it into the tube provided.
- Please provide at least 5 mL (about one teaspoon).
- Screw the top back tightly onto the tube afterwards.
- Write the **date and time** of the sample collection on the label using biro or a permanent marker pen.
- Please check that your **full name, date of birth** and **hospital ID** are also written on the tube. Inadequately labelled samples cannot be processed by the laboratory.
- Store the tube in your fridge overnight.
- Take the sample tube with the request form to the Pathology Department of the hospital the next morning.
- Please inform your endocrine or pituitary nurse specialist when you have completed the test, so that we can look out for the result and let you know. Phone numbers are listed below.

What NOT to do:

- Do not eat a major meal or drink alcohol for 60 minutes before the collection time.
- Do not have dairy products, drink coffee, tea, milk, fizzy drinks, or smoke for 30 minutes before the collection time.
- Do not clean, brush or floss your teeth, or use dental mouthwash, within 3 hours before the collection time.

Endocrine Nurse Specialists:

Royal Sussex County Hospital 01273 696955 ex 64379
 Princess Royal Hospital 01444 441881 ex 65660
 Email address for all the above nurses is uhsussex.ens@nhs.net

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LIC-BIO-Salivary Cortisol Instructions	Dept: UHS Pathology East	Activation Date: 26.4.2022