



Information for patients providing saliva day profiles

You have been asked to collect samples of saliva (spit) and send these to the hospital. These are being collected to help us to monitor the dose of steroid you are taking and adjust the dose if necessary.

Please collect the samples over two consecutive days. Saturday and Sunday may be convenient days to do this, but samples could be taken on any consecutive days.

NB: Collect all saliva samples **BEFORE** taking your tablets

Day 1 (Saturday)

1 st tube	8 am or before you take your 1 st morning tablet
2 nd tube	12 midday or before your lunchtime dose of medication if prescribed
3 rd tube	4 pm
4 th tube	10 pm or before your last dose

Repeat for Day 2 (Sunday)

Instructions for saliva collection

1. The first sample should be collected in the morning **BEFORE** you brush your teeth and **BEFORE** you take your tablets
2. Rinse your mouth out with water and empty it completely 5-10 minutes before collecting the saliva. Collect the saliva in the front of your mouth and spit into the tube. Please try to provide approximately a teaspoon of saliva.
3. Screw the top back on the bottle tightly and write your name, the **DATE** and the **TIME** on the bottle in biro or permanent ink.

IT IS VERY IMPORTANT TO PUT THE DATE AND TIME ON THE BOTTLES

4. Put the tubes in the freezer or freezer compartment of the fridge. If you do not have one of these, keep the tubes cool and away from heaters and sunlight.
5. On Monday drop the envelope into your GP's surgery to be sent to the hospital. Alternatively, if you have been given a pre-addressed envelope you can post the samples back to the hospital yourself.

Health and Safety information

Take care with the specimens and store them away from children.

This information leaflet has been produced by:

The Department of Medical Biochemistry & Immunology, University Hospital of Wales, Heath Park, Cardiff, CF14 4XW. We welcome any comments relating to the information you have received and may be contacted through the departmental secretary at the above address.