

Salivary cortisol sample collection

A salivary sample for determining cortisol levels is collected in the late evening between 23:00 and midnight. A half an hour deviation from the collection time does not have a significant effect on the results.

Before collecting the sample, please avoid physical strain for 3 hours, and do not eat or brush your teeth for an hour. Cortisol and other medication (e.g. prednisone) affect the amount of cortisol in saliva. Do not use any substances that increase saliva production, e.g. lemon juice, when collecting the sample. To rinse your mouth, you may drink a half a glass of water before sample collection. If you have deviated from these instructions, please tell the person receiving the sample about it.

Sampling kit

The staff at the health center / hospital will provide you with a Salivette R collection tube, a closable plastic bag and labels. Inside the collection tube is a swab made of polyester fibre.

Collecting the salivary sample

Open the Salivette R collection tube containing the swab.

Drop the swab from the tube directly in your dry mouth. Avoid touching the swab with your hands because sweat, lotions etc. may affect the reliability of the sample.

Keep the swab in your mouth for at least 1 minute or as long as it takes to make the swab “soggy” to the point that it no longer absorbs saliva and you are able to swallow the excess saliva.

Without touching the swab with your hands, drop the wet swab in the tube and close the cap.

To distinguish your sample, it is important that you apply a label with your name, personal identity code, and collection time (date and time) on the tube. Place the tube in the plastic bag and close it. Keep the sample in the refrigerator overnight and bring it to the laboratory on the following day. If necessary, the sample will keep in the refrigerator within the closed plastic bag and carefully closed tube for 2 days.

If you have any questions, please call the customer service: tel. +358 9 471 86800,
Mon–Fri 7:30–15:30 (laboratory test results will not be given out over the telephone).