Collecting Salivary Cortisol

Sample Collection Method Overview

- Passive Drool
- SalivaBio Swabs

+ Special Considerations

Bovine hormones normally present in dairy products can cross-react with anti-cortisol antibodies and cause false results.

Hormone based oral contraceptives and estrogens, may potentially interfere with cortisol levels in saliva.

Some steroid-based anti-inflammatory medications and multiple medications mimic the structure of cortisol and have the potential to influence cortisol levels in saliva.

+ Sample Collection (General Procedure)

Before Sample Collection

- Avoid foods with high sugar or acidity, immediately before sample collection.
- Document consumption of alcohol, caffeine, nicotine, and prescription/over-the-counter medications within the prior 12 hours.
- Document vigorous physical activity and the presence of oral injury or inflammation.
- Do not brush teeth or eat a major meal within 60 minutes of sample collection.
- Rinse mouth with water to remove food residue and wait at least 10 minutes after rinsing to avoid sample dilution before collecting saliva (rinsing is not recommended for awakening sample).

During Sample Collection

- **Recommended Collection Volume: 75 µl**
- Use a collection device that has been validated for the measurement of this analyte.
- Follow your selected sample collection device/method protocol.

* Add 300 µl to the total volume of all tests for liquid handling

After Sample Collection

- Record the time and date of specimen collection.
- Refrigerate samples immediately (if possible) and freeze at or below -20°C (household freezer) as soon as possible (within 6 hours of sample collection).
- Samples visibly contaminated with blood should be recollected.
- Do not add preservatives to saliva samples unless it has been previously validated with the assay.