

## 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.