

With any medical test it is important that other factors do not interfere with your test result. Please read and follow these instructions carefully.

Saliva contains cortisol, derived from blood. Measurement of cortisol in saliva provides an estimate of the form that is most active in the body. Salivary collection can be done at home and avoids the need for blood sampling with its inherent inconvenience. High levels of cortisol, such as those found in patients with Cushing's Syndrome are easiest to detect in a midnight saliva sample.

### Collecting the specimen

Samples for this test are generally collected at midnight, although your doctor may request a different time.

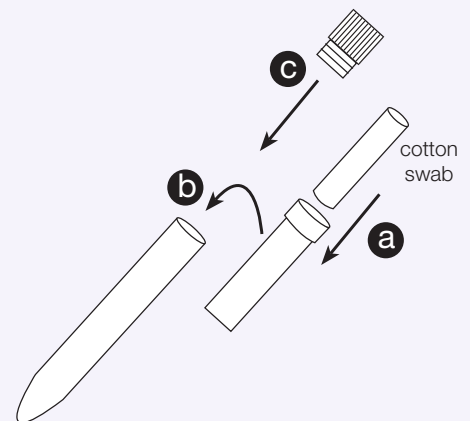
1. Do not eat, drink, smoke or take medications for at least 30 minutes before the saliva collection.
2. At midnight (or requested time), open the salivette tube and remove the cotton swab.
3. Place the cotton swab between your cheek and gum until saturated (takes at least 3 minutes).
4. Replace the cotton swab in the small tube (a) place it in the large tube (b) and close the top (c) until it clicks shut.
5. Write your:
  - **name and**
  - **date and time of collection** on the tube.
6. Place the tube in the refrigerator (not the freezer).

### Delivering the specimen

Deliver the specimen promptly to your nearest SA Pathology Patient Centre.

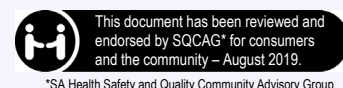
### Your results

Your doctor will advise you when results are available.



### Patient Centres

For Patient Centre locations and latest opening hours visit our website [www.sapathology.sa.gov.au](http://www.sapathology.sa.gov.au) or phone (08) 8222 3000.



\*SA Health Safety and Quality Community Advisory Group