

**Valley Medical Group Laboratory
Cortisol Saliva Collection Instructions**

Collection Instructions:

1. The provider who has ordered the test will provide the time of preferred collection. If more than 1 sample is requested they will need to be collected on separate days.
2. Saliva collection should be done at the earliest 60 minutes after brushing teeth, a meal (liquid/solid food intake) or oral intake of medication and 10 minutes after rinsing the mouth with water to avoid contamination of the saliva by interfering substances.
3. Remove the swab from the Salivette.
4. Place the swab in the mouth, e.g. in your cheek, where it should remain for 2 minutes without chewing. If an extremely small amount of saliva is produced, leave the swab in the mouth for longer.
5. Return the swab with the absorbed saliva to the Salivette.
6. Replace the stopper and return the sample as soon as possible to the Lab.

**Any questions please contact any Valley Medical Group Lab: Monday –Friday:
7:00am – 4:20pm**

Amherst Health Center	413-256-8561
Easthampton Health Center	413-529-9300
Greenfield Health Center	413-774-6301
Northampton Health Center	413-586-8400

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