

**SALIVARY CORTISOL COLLECTION**  
**PATIENT INSTRUCTIONS**



### Equipment

- Collection tube/bottle, provided



### Safety Precautions

- Nil



### Instructions

1. Please remove/do not wear lipstick prior to collection
2. Clean teeth 1 hour before collecting sample (about 10 PM)
3. Eat nothing until each sample collection is completed
4. Between 11 PM and midnight collect sample by:
  - Swallow first and empty the mouth, then chew on your teeth
  - *or* straw provided/open mouth lift tongue up and breathe in
5. Spit or dribble **free flowing** saliva into the tube provided. Avoid sniffing or coughing
6. Collect 3 to 4 mL of saliva
7. Please repeat this for 2 nights in a row, if requested
8. Write the date and time of collection on the sample container
9. Keep sample 1 and 2 in the refrigerator and bring all samples together into Pathology the day after sample 2 is collected.

For further information and enquiries please call 9594 4538

## MONASH PATHOLOGY COLLECTION CENTRES

Collection Centre	Address	Telephone	Hours
<b>CLAYTON</b>	246 Clayton Rd, Clayton  Monash Medical Centre Public Pathology collection rooms	03 9594 2383	Monday to Friday 08:30am - 5:00pm
	Jessie McPherson Private Hospital Private Consulting Suites <u>Suite G</u>	03 9594 2469	Monday to Friday 8:00am - 6:00pm Saturday 8:00am - 2:00pm
	Monash Children's Hospital Pathology collection rooms	03 8572 3072/3	Monday to Friday 08:30am - 5:00pm
<b>BERWICK</b>	Casey Hospital Pathology collection rooms 62 – 70 Kangan Drive, Berwick	03 8768 1442	Monday to Friday 8:00am - 5:00pm
	Berwick Healthcare Pathology collection rooms 76 Clyde Rd, Berwick	03 9792 8021	Monday to Friday 8.30 am - 5.00 pm
<b>CRANBOURNE</b>	Cranbourne Centre Pathology collection rooms 140 – 154 Sladen St, Cranbourne	03 5990 6176	Monday to Friday 8.30am – 5.00pm Saturday 9.00am – 1.00pm
<b>DANDENONG</b>	Dandenong Hospital Pathology collection rooms 135 David St, Dandenong	03 9554 1901/2	Monday to Friday 8:00am - 6:00pm Saturday & Sunday 8:00am - 12 noon
	Monash Health Community Pathology collection rooms 122 Thomas Street, Dandenong	03 9792 7854	Monday to Friday 8.30 am – 5.00 pm
	Monash Women's Clinic Pathology collection rooms 135 David St, Dandenong	03 9792 8003	Monday to Friday 8.30 am - 5.00 pm
<b>FRANKSTON</b>	Peninsula Family General Practice Pathology collection rooms 1B Vera Street, Frankston	0436 689 745	Monday to Friday 8.30 am - 5.00 pm
<b>MOORABBIN</b>	Moorabbin Hospital Pathology collection rooms 823 – 865 Centre Rd, East Bentleigh	03 9928 8178	Monday to Friday 8:00am – 5:00pm
<b>PAKENHAM</b>	Pakenham Centre Pathology collection rooms Henty Way, Pakenham	03 5941 0526	Monday to Friday 8.30 am - 5.00 pm Saturday 8.00am – 12.00 noon
<b>SPRINGVALE</b>	Greater Dandenong Community Health Service Pathology collection rooms 55 Buckingham Ave, Springvale	03 8558 9012	Monday to Friday 8:30am - 5:00pm

**PLEASE NOTE:**

- OPENING TIMES ARE SUBJECT TO CHANGE. CONTACT THE CENTRE OR GO TO [monashpathology.org](http://monashpathology.org) FOR UP TO DATE DETAILS
- ALL COLLECTION CENTRES ARE CLOSED ON PUBLIC HOLIDAYS