Midnight Salivary Cortisol Test

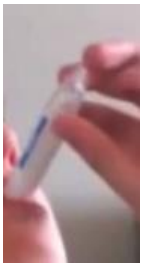
Salivary sample is to be collected between 11pm – 12 midnight. Please follow the instructions below:

Preparation before collection

- Label the tube with your full name, date of birth, date and time of collection (including PM or AM) on the Salivette tube

- Relax for approximately 1 hour (high activity or excitement can raise your cortisol level)
- Do not eat or drink (except water) for 30 minutes
- Remove lipstick and lip balms and no brushing or flossing teeth for 30 mins

Collection



1. Remove the cap of the tube by pushing it slightly to the side
2. Do **not** remove the sponge holder (if it is dislodged, push it back into the tube)
3. **Tip the sponge directly into your mouth**. Do not touch the sponge with your fingers
4. Very gently chew and roll the sponge in your mouth for 2 minutes.
5. When finish, hold the saturated sponge with your front teeth and return the sponge directly into the tube holder without touching it.
6. Close the tube firmly with the cap. Keep the sample in the fridge prior to delivering it to your closest Monash Health Pathology collection centre.

NOTE: Do not use for children or any individual where there is a potential risk of swallowing the sponge.

Please visit www.monashpathology.org for a full list of our collection centres and opening times.

MONASH HEALTH PATHOLOGY COLLECTION CENTRES

Collection Centre	Address	Telephone	Hours		
			Mon-Fri	Sat	Sun
CLAYTON	Monash Medical Centre Public Pathology collection rooms 246 Clayton Road, Clayton	03 9594 2383	8:30am - 5:00pm		
	Jessie McPherson Private Hospital Private Consulting Suites, Suite G 246 Clayton Road, Clayton	03 9594 2469	8:00am - 6:00pm	8:00am - 2:00pm	
	Monash Children's Hospital 246 Clayton Road, Clayton	03 8572 3081	8:30am - 5:00pm		
	Victorian Heart Hospital 631 Blackburn Road, Clayton	03 7511 1230	8.00am – 5.00pm	8.00am – 2.00pm	
BERWICK	Casey Hospital 62 – 70 Kangan Drive, Berwick	03 8768 1442	8:00am - 5:00pm		
	Berwick Healthcare 76 Clyde Road, Berwick	03 9792 8021	8.30am - 5.00pm		
COWES	Phillip Island Health Hub 50-54 Church Street, Cowes	03 5951 2120	8.00am – 4.00pm	8.00am – 12 noon	
CRANBOURNE	Cranbourne Centre 140 – 154 Sladen Street, Cranbourne	03 5990 6176	8.30am – 5.00pm	9.00am – 1.00pm	
DANDENONG	Dandenong Hospital 135 David Street, Dandenong	03 9554 1901 03 9554 1902	8:00am - 6:00pm	8:00am – 12 noon	8:00am – 12 noon
	Monash Health Community 122 Thomas Street, Dandenong	03 9792 7854	8.30am – 5.00pm		
	Monash Women's Clinic 135 David Street, Dandenong	03 9792 8003	8.30am - 5.00pm		
FOSTER	South Gippsland Hospital 87 Station Road, Foster	03 8572 2120	8.00am - 2.30pm		
KORUMBURRA	Korumburra Hospital 65 Bridge Street, Korumburra	03 5654 2799	8.00am - 3.00pm		
LEONGATHA	Leongatha Hospital 66 Koonwarra Road, Leongatha	03 5667 5573	8.00am – 4.00pm	9.00am – 11.00am	
MOORABBIN	Moorabbin Hospital 823 – 865 Centre Road, Bentleigh East	03 9928 8178	8:00am – 5:00pm		
PAKENHAM	Pakenham Health Centre Henty Way, Pakenham	03 5941 0526	8.30am - 5.00pm	8.00am – 12 noon	
SPRINGVALE	Greater Dandenong Community Health Service 55 Buckingham Avenue, Springvale	03 8558 9012	8:30am - 5:00pm		
WONTHAGGI	Wonthaggi Hospital 235 Graham Street, Wonthaggi	03 5671 3292	8.30am - 5.00pm	8.30am – 10.30am	8.00am – 12 noon
YARRAM	Yarram & District Health Service 85-91 Commercial Road, Yarram	03 5182 0360	8:00am - 2:30pm		

- **OPENING TIMES ARE SUBJECT TO CHANGE. CONTACT THE CENTRE OR GO TO monashpathology.org FOR UP TO DATE DETAILS**
- **SERVICE REDUCTIONS MAY APPLY ON PUBLIC HOLIDAYS**