

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.