

Collecting Salivary Cortisol

Sample Collection Method Overview

- ✓ **Passive Drool**
- ✓ **SalivaBio Swabs**

+ Special Considerations

Bovine hormones normally present in dairy products can cross-react with anti-cortisol antibodies and cause false results.

Hormone based oral contraceptives and estrogens can cause temporary increase in CBG, potentially lowering cortisol levels in saliva

Multiple medications mimic the structure of cortisol and have the potential to influence cortisol levels in saliva

+ Sample Collection (General Procedure)

Before Sample Collection

- Avoid foods with high sugar or acidity, immediately before sample collection, since they may compromise the assay by lowering saliva pH and increasing bacterial growth.
- Document consumption of alcohol, caffeine, nicotine, and prescription/over-the-counter medications within the prior 12 hours.
- Avoid steroid-based anti-inflammatory medications.
- Document vigorous physical activity and the presence of oral diseases or injury.
- Consider documenting parameters to estimate saliva flow rate.
- Do not eat a major meal within 60 minutes of sample collection.
- Rinse mouth with water to remove food residue and **wait at least 10 minutes** after rinsing to avoid sample dilution before collecting saliva.

During Sample Collection

- **Recommended Collection Volume: 75 µl***
- Follow desired sample collection device protocol

* Add 300 µl to the total volume of all tests for liquid handling loss

After Sample Collection

- Record the time and date of specimen collection.
- Refrigerate samples immediately (if possible) and freeze at or below -20°C (household freezer) as soon as possible (within hours of sample collection)
- Samples visibly contaminated with blood should be recollected.
- Do not add sodium azide to saliva samples as a preservative.