

Salivary cortisol test



Your doctor has asked you to do a cortisol test. This health sheet describes the purpose of the test, how to prepare for it, and the steps to follow.

What is the purpose of this test?

This test will allow your doctor to measure the level of the hormone cortisol in your body.

What does this test involve?

Saliva is sometimes used to assess the body's production levels of certain substances. To do this, the saliva is sampled using a Salivette, a special tube used to collect saliva. The Salivette has 4 parts (see diagram on page 2).

Where do I need to go to get a Salivette?

Go to the CHUM Test Centre with your doctor's requisition and your health insurance card.

**Pavilion D, 1st floor, room D0141
1000 Saint-Denis Street
Montreal H2X 0C1**

Business hours are Monday to Friday, 6:45 a.m. to 2:30 p.m.

How long does the saliva collection take?

It will take 10 minutes of your time.

When do I need to do the collection?

You need to do it **at the time prescribed by your doctor**. If the collection is at midnight, don't change your routine, that is, go to bed at the usual time. If possible, ask a loved one to wake you up so you don't get startled when the alarm rings. That stress can change the test result a bit.

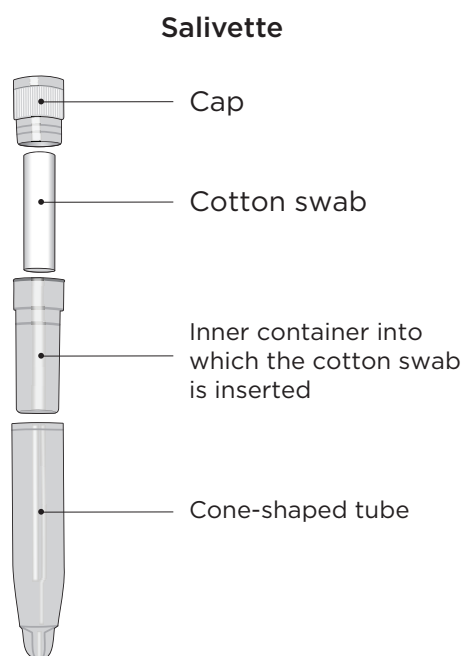
How do I prepare?

24 hrs before	<ul style="list-style-type: none"> • Don't do any strenuous physical activity. • Avoid intense stress.
12 hrs before	<ul style="list-style-type: none"> • Don't drink alcohol.
3 hrs before	<ul style="list-style-type: none"> • Be fasting, so don't eat. You can drink only water in moderate amounts. • Don't smoke or vape liquids with nicotine. • Don't chew gum. • Don't do any physical activity.
1 hr before	<ul style="list-style-type: none"> • Don't brush your teeth.

How do I collect the saliva?

You need to follow these steps.

- 1 Make sure the Salivette is correctly identified with your family name, first name, and date of birth (or medical record number).
- 2 Wash your hands with soap and water. Dry them.
- 3 Rinse your mouth with water, then spit it out.
- 4 Wait 10 minutes.
- 5 Remove the cap from the Salivette by pulling upwards. Then take out the swab, touching it as little as possible with your fingers.
- 6 Place the swab in your mouth, under your tongue. Roll it under your tongue for 2 or 3 minutes or until it's full of saliva. **Don't chew on it.**
- 7 While still touching the swab as little as possible, take it out and put it back into the inner container of the Salivette.
- 8 Make sure the inner container is fully inserted into the tube.
- 9 Close the Salivette with the cap.
- 10 **Write the date and time of collection** on the label of the Salivette and on the requisition. Write the time as in the following examples: midnight = 00:00, seven o'clock in the morning = 07:00, seven o'clock in the evening = 19:00.



Be careful not to swallow the swab during the test.

What should I do once the collection is done?

- Once the saliva collection is done, **store the Salivette in the fridge for a maximum of 3 days.**
- Visit the CHUM Test Centre **between 7:00 a.m. and 2:30 p.m.** (Monday to Friday) to hand in your sample as quickly as possible. Have your doctor's requisition on hand, properly completed, and your Salivette in the bag that was given to you.
- When transporting the Salivette, keep it cold using an ice pack.

When will I know the results?

Your doctor will give you the results of the test at your next appointment.



USEFUL RESOURCES

Other CHUM health fact sheets are available. Ask your care team which fact sheets can help you.



You can also read them online.
chumontreal.qc.ca/fiches-sante

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