

MML Test Number 84225 Cortisol, Saliva**Special Instructions for collection:**

- Do not brush teeth before collecting sample.
- Do not eat or drink for 15 minutes prior to sample collection.
- Collect sample between 11 p.m. and midnight*

To use the salivette:

1. Remove top cap of the tube to expose the swab.
2. Place swab directly into the mouth by tipping the tube so the swab falls into the mouth.
Do NOT touch the swab with your fingers.
3. Keep the swab in your mouth for approximately 2 minutes. Roll the swab in your mouth.
Do NOT chew the swab.
4. Spit the swab back into the tube. Do NOT touch the swab with your fingers.
5. Replace the cap. Make sure cap is screwed on tightly.
6. Record the collection time on the tube.

*Note — Your doctor may require a different collection time. You may also collect the specimens from 7 a.m. – 9 a.m. or 3 p.m. – 5 p.m., depending on your doctor's instructions.