



SALIVA COLLECTION | CORTISOL TESTING

Your doctor has requested a saliva sample to identify the level of cortisol, a hormone secreted by the adrenal glands, and found in your saliva. This test can detect certain health issues or diseases, including Cushing's syndrome.

MATERIAL REQUIRED

Salivette® (small tube provided by the test centre)



This Salivette cannot be used by children under the age of 3 years or by people for whom there is a risk that the swab may be swallowed. Discuss this with your physician or the test centre's technologist.

HOW TO PREPARE

Collecting saliva samples for cortisol testing requires a number of precautions to prevent any interference that may skew the analysis results. You must take the saliva sample at the exact time(s) prescribed by your physician.

BEFORE COLLECTING THE SAMPLE

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| 24 hrs before: | Do not perform any strenuous physical exercises and avoid intense stress. |
| 12 hrs before: | Do not drink any alcohol. |
| 3 hrs before: | You must be fasting. You may drink water only in moderate amounts.
Do not smoke (tobacco or liquid nicotine).
Do not chew gum and do not eat.
Do not perform any physical activity. |
| 1 h before: | Do not brush your teeth. |
| 10 minutes before: | Rinse your mouth with water . |

IMPORTANT

You must take the sample at the exact time(s) prescribed by your physician. If you are required to take a sample at midnight, do not change your routine. Ask a loved one to wake you up gently so as not to be startled by the alarm clock.

HOW TO TAKE THE SAMPLE

1. Make sure that your first and last names and your date of birth or your CIUSSS de l'Estrie – CHUS file number are properly written on the small container (Salivette).
2. Wash your hands with soapy water and dry them.
3. Open the Salivette (small tube) and take out the swab or cotton.
4. Put the swab in your mouth, under the tongue, and avoid touching it with your fingers. Soak it with saliva for two to three minutes by rolling it under your tongue or until it is covered in saliva.
Do not chew on the swab.
5. Put the swab back in its original container and try to handle it as little as possible with your fingers. Put the cap back on.
6. Note the hours in the following manner: from 00: 00 (midnight) to 23: 59 to avoid confusing 11 a.m. and 11 p.m. (Add 12 to get the p.m. number - 1:00 a.m. + 12:00 = 13:00).

WHERE AND WHEN TO RETURN THE CONTAINER?

If you are collecting your sample at home, ensure that it is legibly identified, and, as soon as possible, take it to the nearest test centre, open **from Monday to Friday**, and leave it where indicated. Keep your container in the freezer until you return it. The Salivette does not need to be kept cold during transport.

QUESTIONS? Call 819-346-1110, ext. 15561

OPENING HOURS AND CONTACT INFORMATION CIUSSS DE L'ESTRIE – CHUS TEST CENTRES			
Location	Room	Phone	Opening hours (EXCEPT on holidays)
Hôpital Fleurimont Test Centre 3001 12 ^e Avenue N., Sherbrooke	2 nd floor Room 2629	819-346-1110, ext.14409	Monday to Friday 7:30 a.m. to 4:30 p.m.
Hôtel-Dieu de Sherbrooke Test Centre 580 Bowen Sud S., Sherbrooke	1 st floor Room 1331	819-346-1110, ext. 24409	Monday to Friday 8 a.m. to 4 p.m.
Murray Test Centre 500 Murray Street, Sherbrooke	Basement Room 0110	819-346-1110, ext. 24409	Monday to Friday 7 a.m. to 2:30 p.m.
Argyll Test Centre 375 Argyll Street, Sherbrooke	1 st floor Room 1305	819-346-1110, ext. 14409	Monday to Friday 7 a.m. to 2:30 p.m.
CLSC Lennoxville 8 Speid Street, Lennoxville	---	819-346-1110, ext. 14409	Monday AND Friday ONLY 7 to 10:15 a.m.

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