
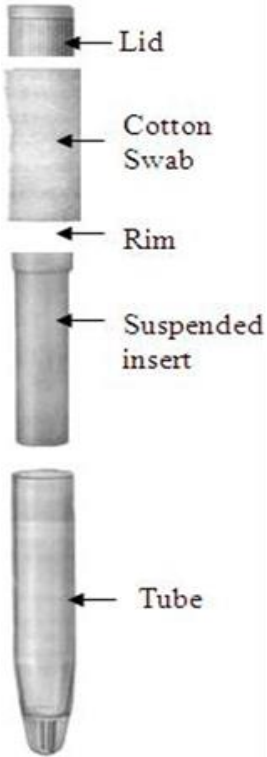


How to Prepare	<ul style="list-style-type: none"> Obtain a Salivary Cortisol test kit. Some patients may obtain kits directly from their endocrinologist. Otherwise, contact the laboratory before picking up the kit, to ensure they have obtained one for you. Have nothing to eat or drink for a minimum of 1 hour before collection of the specimen. Do not drink alcohol for 12 hours before collecting specimens. Do not brush or floss your teeth immediately before collecting. Collect the saliva between 11:00 pm and midnight while resting (or at the time requested by your physician). 	
Risks or Cautions	Follow these instructions carefully. Incorrect test results can cause an important medical problem to be missed, or the ordering of more or unnecessary tests.	
Labelling the Specimen	<p>Label the collection container with the following information:</p> <ul style="list-style-type: none"> Your (the patient) full first and last name The date and time of specimen collection Your unique personal health number (PHN or ULI#) Alberta PHN is found on the Alberta Personal Health Card <p>If you do not have a PHN or ULI please ask your local laboratory for alternatives. Please note all specimens need 2 identifiers to be processed.</p>	
Lab Requisition	<ul style="list-style-type: none"> Print the date and time the saliva was collected on your lab requisition. Fold and place the requisition in the outside pocket of the plastic bag. 	
Collecting the Specimen	<ol style="list-style-type: none"> Remove the lid from the tube and set it aside Tip the tube to place the swab directly into your mouth. Do not touch the swab with your fingers. Chew gently until the swab is fully saturated with saliva (usually 2-5 minutes). Replace the swab into the tube without touching it with your fingers. Cap the tube firmly with the lid. 	
Specimen Delivery to Lab	<ul style="list-style-type: none"> Bring your specimen and requisition to your local laboratory within 2 days. Keep refrigerated until the tube is returned to the lab. 	
Questions About Your Collection?	<p>Laboratory location, hours and contact information may be found at:</p> <ul style="list-style-type: none"> www.albertaprecisionlabs.ca Alberta Precision Laboratories at 1-877-868-6848 Health Link Alberta at 811 	