

## How to Collect a Saliva Sample for a Cortisol Test

### Collecting a Saliva Sample

Read all the instructions before collecting a sample. It's important to follow the instructions so it is collected the right way. This will help your test results be correct.

### Before You Collect a Sample

- Do not use any steroid inhalers for 24 hours before collecting a sample.
- Do not use any creams or lotions that contain steroids such as hydrocortisone.
- Do not collect a sample if your gums or the inside of your mouth is bleeding. Talk to your health care provider if you often have one or both of these problems.
- The collection device should not be used by children under the age of 3. Children under the age of 10 should have help from an adult.
- Do not brush or floss your teeth before collecting the sample.
- Do not eat or drink 30 minutes before collecting the sample.
- Use the SARSTEDT® Salivette® collection device only.
- Do not touch the swab with your fingers.

## Sida Saambal ama Qayb Candhuuf ah Loogu Ururiyo Baadhitaanka Cortisol

### Ururinta Qaddar ama Sambal ah Candhuuf

Akhri dhammaan fariimaha ka-hor ururinta saambalka. Waa muhiim inad raacdid fariimaha si aad si sax ah u ururisd. Kani wuxu kaa caawin doonaa in natiijooyinka baadhitaankaagu sax noqdaan.

### Ka-hor Inta Aanad Ururin Saambalka

- Ha isticmaalin wax ah la-nuugeyaasha ah astiroodh (steroid inhalers) muddo ah 24 saacadood ka-hor ururinta saambalka.
- Ha isticmaalin wax ah labeen ama looshano ay ku jiraan astiroodhyo (steroids) sida hydrocortisone.
- Ha soo ururin saambal haddii ciridkaagu ama gudaha afkaagu dhiigayo. La hadal bixiyahaaga daryeelka caafimaadka haddii marrar badan ad yeelatid mid ama labada dhib.
- Waa inaan qalabka ururinta aanuu isticmaalin ilmo ka hooseeya da'da 3 jir. Carruurta ka yar da'da 10 jir waa inay gargaar ka helaan qof weyn.
- Ilkahaaga ma marin burush ama caday ama xadhko ha marin ka-hor ururinta saambalka.
- Wax ha cunin ama ha cabbin 30 daqiiqadood ka-hor ururinta saambalka.
- Istickmaal kaliya qalabka ururinta ee SARSTEDT® Salivette®.
- Suufka dhuuban ha ku taaban farahaaga.

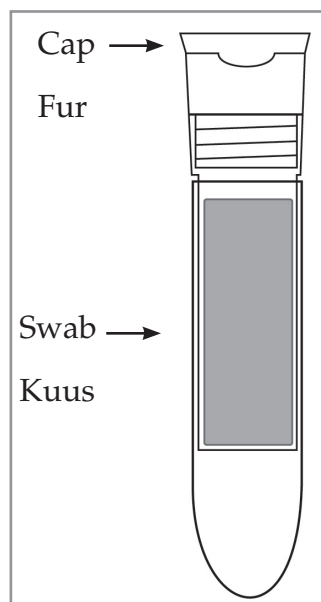
(over)

- Your health care provider will give you instructions for what time to collect your sample. Follow any instructions he or she gives you.

Collect the sample at \_\_\_\_\_ a.m. / p.m.

## How to Collect a Sample

- Wash your hands with soap and warm water. Dry them well with a clean towel.
- Remove the top cap of the tube. You will see the swab.
- Place the swab directly into your mouth by tipping the tube so that the swab falls into your mouth.
- Do not touch the swab with your fingers.
- Keep the swab in your mouth for 2 minutes. Roll the swab around in your mouth. (If you cannot roll the swab, keep it under your tongue.)
- Do not chew the swab.
- Put the swab back into the container without touching the swab.
- Put the cap back on the tube. Make sure it is closed tightly.
- Write your name, date of birth and the time the sample was collected on the label.
- Bring the sample back to your clinic the next day.



© Allina Health System

- Bixiyahaaga daryeelka caafimaadka ayaa ku siin doona fariimo ku saabsan wakhtiga ad ururin doontid saambalkaaga. Raac wixii ah fariimo ee u ku siiyo ama ay ku siiso.

Ururi saambalka ama qaddarka candhuufta ah markay tahay \_\_\_\_\_ galinka hore / galinka dambe.

## Sida Loo Ururiyo Saambal

- Gacmahaaga ku dhaq saabuun iyo biyo diiran. Si fiican ugu qallaji tuwaal ama shukumaan nadiif ah.
- Furka sare ka qaad tuubada. Waxad arki doontaa suufka dhuuban.
- Suufka toos u gali afkaaga inta ad tuuba ku foorarisid si suufku afkaagu ugu dhaco.
- Suufka ha ku taaban farahaaga.
- Kuuska ku hay afkaaga muddo ah 2 daqiiqadood. Kuuska ku warwareeji gudaha afkaaga. (Haddii aanad warwareejin karin kuuska, ku hay hoosta carrabkaaga.)
- Ha calaajin kuuska.
- Suufka dib ugu rid weelka adiga oo aan taaban suufka.
- Furka dib u saar tuubada. U hubso inu si adag u xidhan yahay.
- Waraaqda weelka ku qor magacaaga, taariikhda dhalasho iyo wakhtiga la ururiyay saambalka.
- Saambalka keen xaruntaada caafimaadka maalinta ku xigta.