

## 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.

## Ua Li Cas thiaj Cug tau ib co Quab Ncaug rau Txoj Kev Kuaj Xyuas cov Cortisol

### Kev Cug ib co Quab Ncaug Coj Mus Kuaj

Nyeem tag nrho cov lus qhia ua ntej pib cug tau. Tseem ceeb heev kom ua raws li cov lus qhia xwv kom koj cug tau raws li xav tau. Ua li no yuav pab kom tej kev kuaj yuav thwj.

### Ua Ntej Koj Pib Cug Quab Ncaug

- Tsis txhob siv tej raj nqus tshuaj steroid rau 24 xuab moos ua ntej yuav cug cov quab ncaug.
- Tsis txhob siv cov kua pleev los sis tshuaj pleev tawg pleb uas muaj cov tshuaj steroid zoo li cov tshuaj hydrocortisone.
- Tsis txhob cug ib co quab ncaug yog tias koj cov pos hniav los sis sab hauv koj qhov ncauj tab tom los ntshav. Nrog koj tus kws kho mob tham yog tias feem ntau koj muaj ib los sis ob qho teeb meem no.
- Cov me nyuam uas muaj 3 xyoos rov hauv yuav tsum tsis txhob siv yam khoom cug quab ncaug no. Ib tug neeg laus yuav tau pab cov me nyuam uas muaj 10 xyoo rov hauv.
- Tsis txhob txhuam hniav los sis siv xov dig hniav ua ntej koj cug cov quab ncaug.
- Tsis txhob noj los sis haus ib yam dab tsi 30 na this ua ntej koj cug cov quab ncaug.
- Tsuas pub siv yam khoom SARSTEDT® Salivette® kom cug tau xwb.
- Tsis txhob siv koj cov ntv tes kov tus pas rwb.

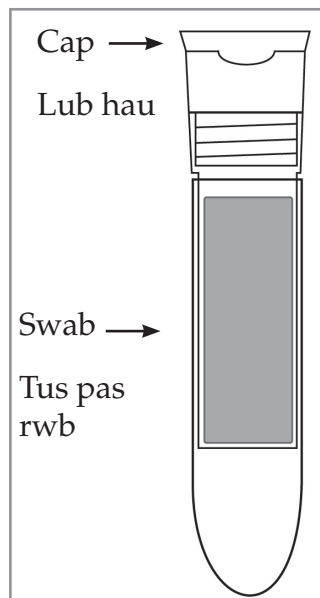
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- Your health care provider will give you instructions for what time to collect your sample. Follow any instructions he or she gives you.

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.



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- Koj tus kws kho mob mam li qhia koj seb yuav tsum cug koj cov qaub ncaug thaum pes tsawg moos. Ua raws li tej lus qhia uas nws hais rau koj.

Cug cov qaub ncaug thaum \_\_\_\_\_ sawv ntxov / tsaus ntuj

## Ua Li Cas thiaj Cug tau ib co Qaub Ncaug

- Siv dej thiab xub npus ntxuav koj ob txhais tes. Siv ib txoj phuam coj los ua tib zoo so kom qhuav.
- Tshem lub hau ntawm raj cug. Koj yuav pom tus pas rwb.
- Tso tus pas rwb rau hauv koj lub qhov ncauj thaum tsa raj ntawd es ua rau tus pas rwb poob ncaj qha rau hauv koj lub qhov ncauj.
- Tsis txhob siv koj cov ntv tes kov tus pas rwb.
- Npuav tus pas rwb twj ywm hauv koj lub qhov ncauj rau 2 na this. Muab tus pas rwb txav mus txav los hauv koj lub qhov ncauj. (Yog tias koj txav tsis tau tus pas rwb, cia li tso hauv qab koj tus nplaig.)
- Tsis txhob ntsuas tus pas rwb.
- Muab tus pas rwb rov qab tso rau hauv raj cug tsis txhob kov tus pas rwb.
- Muab lub hau khwb rau raj cug. Yuav tsum ua tib zoo kaw kom ntom.
- Sau koj lub npe, hnub yug thiab koj tau cug qaub ncaug thaum pes tsawg moos rau ntawm daim ntawv lo no.
- Nqa cov qaub ncaug uas cug tau ntawd rov los rau lub tsev kuaj mob hnub tom qab ntawd.