

SAMPLING  
METHODS


## SALIVARY CORTISOL

**IMPORTANT**








IF YOU HAVE DIFFERENT TYPES OF SAMPLE TO TAKE, THE BLOOD SAMPLE SHOULD ALWAYS BE TAKEN LAST.

**EQUIPMENT** We provide you with :

To carry measure out the salivary cortisol :

**1 blue-capped tube** containing a synthetic fibre pad1  immediately on waking

To carry measure out the salivary CAR :

**2 blue-capped tubes** containing a synthetic fibre pad1  immediately on waking (= tube no. 1) + 1  30 minutes after waking up (= tube no. 2)To complete the **salivary cortisol cycle in 5 steps** :**5 blue-capped tubes** including a synthetic fibre pad1  immediately on waking (= tube no. 1)1  30 minutes after waking up (= tube no. 2)1  at 12 am (= tube no. 3)1  at 6 pm (= tube no. 4)1  at 10 pm (= tube no. 5)

Tip: use a stopwatch for the 30 minutes

*BEFORE TAKING YOUR SAMPLE: Please ask your doctor to find out whether your current treatment (medication, dietary supplement, etc.) should be temporarily suspended.*





30 MINUTES BEFORE TAKING THE SAMPLE(S):

- DO NOT EAT
- DO NOT BRUSH YOUR TEETH
- DO NOT TAKE ANY MEDICATION



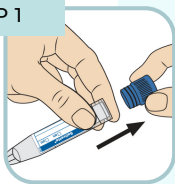
EXCEPT FOR THE FIRST SAMPLE ON WAKING.

10 MINUTES BEFORE EACH SAMPLE, RINSE YOUR MOUTH WITH WATER FOR 1 TO 5 SECONDS.

Write down on the label of each provided tube supplied :

- your **LAST NAME**
- your **FIRST NAME**
- your **DATE OF BIRTH**
- the **DATE** and **TIME** of sampling
- the **TUBE ORDER NUMBER** (1 to 2 or 1 to 5)

STEP 1

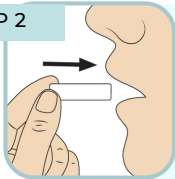


The tube consists of 2 interlocking parts: a small compartment separates the pad from the rest of the tube.

Open the tube by removing the blue cap and take the pad.

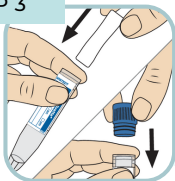
**DO NOT SEPARATE THE SMALL TUBE COMPARTMENT FROM THE TUBE.**

STEP 2



Place the pad buffer in your mouth **for 2 minutes without chewing**, it then remove it.

STEP 3



The pad put back into the small tube compartment and close the tube.