

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

Adjust the sampling times for tubes 3 to 5 to suit your usual waking time

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

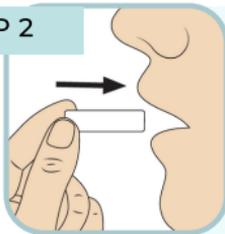


The tube consists of 2 interlocking parts: a small compartment separates the pad from the rest of the tube.

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

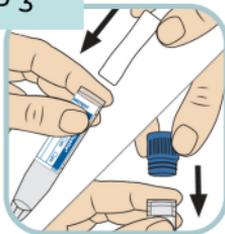
DO NOT SEPARATE THE SMALL TUBE COMPARTMENT FROM THE TUBE.

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.