

Midnight Salivary Cortisol Test

Patient Name/ID: _____ DOB(MM/DD/YYYY): _____ Date: _____ Time: _____(AM / PM)

A midnight salivary cortisol test is a noninvasive test that helps diagnose hypercortisolism.

Preparation

- Collect saliva sample between 11 p.m. and midnight.
- Do not eat, drink, or put anything in the mouth 30 minutes before collecting saliva sample. This includes brushing and flossing your teeth.
- No intense activity and hour before saliva collection as this can raise cortisol levels.
- Make sure lips do not have anything on them, like lip balms or makeup.



Collection Instructions

STEP 1: Remove top cap of the tube. Be sure not to touch the swab.

STEP 2: Tip the tube into your mouth, and allow the swab to fall into your mouth.

STEP 3: Roll the swab around in your mouth for two minutes.

STEP 4: Spit the swab back into the tube after the time is up, making sure not to touch the swab with your fingers.

STEP 5: Place the top cap securely on the tube.

STEP 6: Label the tube with your name, date of birth, date, and the time the saliva sample was collected.

STEP 7: Put your sample in the refrigerator. Return to the lab as soon as possible.

Please note that some labs require patients to have an appointment in order to return their test. Be sure to call or check online to see what your local lab prefers.