



Waking saliva test

Information for patients

Waking salivary cortisone

Your doctor wants to check that your body is making enough stress hormone (cortisol). Cortisol is really important for how your body works. It helps with blood pressure, sleep and how your body uses glucose (sugar).

Cortisol is highest when you wake up. Cortisol becomes cortisone in saliva (spit). This is why we test your saliva when you first wake up.

How should I take the sample?



Take the sample as soon as you wake up, before you get out of bed. Don't brush your teeth, eat or drink anything for at least 1 hour before you take the sample.



Take the top from the tube to expose the swab. Don't remove the holder the sponge is sitting in.



Tip the swab from the tube into your mouth without touching the swab with your hands



Gently chew the swab for 1-2 minutes



Spit the swab back into the tube and put the top back on the tube.



Check your name and date of birth on the label are correct. Then write the date and time of your collection clearly on the tube.



Return the tube with the swab inside to: *(doctor to complete)*