**Version 4 | 11.1.26**

Saliva Cortisol Awakening Response (CAR) Collection Kit

# Saliva Collection Instructions

Carefully Review Prior to Collection

Available at www.zrtlab.com

**Scroll to begin**

# Identify Your Panel Requirements

**Begin by reviewing your panel requirements**. In Section 6 of the Test Requisition Form, locate the test code associated with your selected panels and match it to the panel below to confirm your test.

## Collection Materials

Saliva Tubes



**6 Small** 5mL Tubes

## Test Code + Panel

Collections Required

**S-122** Cortisol Awakening Response (CAR)

**Saliva:** DHEAS, C(x6)



## Collection Timetable

| Upon Waking | 30 min After Waking | 60 min After Waking | Before Lunch | Before Dinner | Before Bed |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| **Tube 1** | **Tube 2** | **Tube 3** | **Tube 4** | **Tube 5** | **Tube 6** |

Click here to view the collection video
or visit **www.zrtlab.com/collection-videos**

# Prepare for Collection

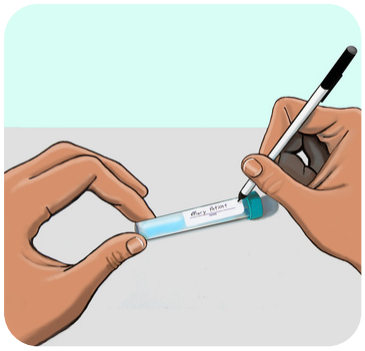
Please read all collection instructions below carefully **before** beginning your saliva collection.

## 1 Night Prior to Collection

The night before collection stay well-hydrated but avoid excessive liquid consumption. Dehydration and over-hydration can affect salivary hormone excretion.

## Day of Collection

Do not eat, drink (except water) or brush your teeth prior to the first three collections of the day and for the 2 hours prior to collecting noon, evening, and night saliva samples.



### Prepare Saliva Tubes

**Lay out tubes and write your name on each; number tubes 1 to 6.** As you collect saliva 6 times throughout the day you will indicate the date and time of collection.



**Upon Waking**

### First Saliva Collection - Upon Waking

Ideally, the first saliva sample should be collected **before** getting out of bed.

- Sit up in bed and fill the saliva tube about half full, which should take no more than about 5-10 minutes.
- Get out of bed and rinse mouth with water. Do **NOT** brush teeth or consume beverage or food until finished with the first three saliva collections. **Screw the cap on the vial tight to avoid leakage.**
- On the #1 tube write the date and time of collection before proceeding to the second saliva collection. Use a dark lead pencil or indelible ink.




**30 min. After Waking**

## Second Saliva Collection - 30 Minutes After Waking

Wait 30 minutes from start time and begin collecting second saliva sample.

Screw cap on tight and write the date and time of collection on the #2 tube.




**60 min. After Waking**

## Third Saliva Collection - 60 Minutes After Waking

Wait 60 minutes from start time and begin collection of third saliva sample.

Screw cap on tight and write the date and time of collection on the #3 tube.

**Break**

## Take A Break

You will not collect a 4th saliva sample until just before lunch, so enjoy breakfast, brush teeth, exercise, etc. If you collect on a workday, bring the noon (#4) and evening (#5) tubes with you to work or wherever you may be. It's easy to collect on a break at your desk, or in the bathroom.

**Collections 4-6**

## Saliva Collections 4, 5, and 6

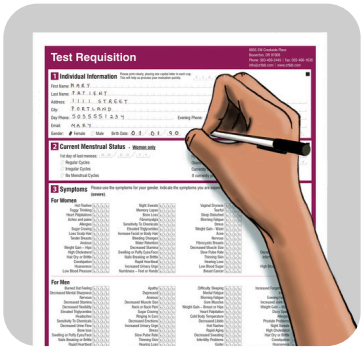
Collect your 4th, 5th, and 6th saliva samples just before lunch, dinner and bedtime, respectively. Remember, do **not** eat, drink (except water) or brush teeth at least **2 hours prior** to these three collections. Follow tube labeling as above when sample is collected.

Store all 6 saliva samples in the bag provided as you collect them. Don't put saliva-filled tubes in the bag unlabeled. Seal the bag containing the saliva and place in the refrigerator/freezer until shipping to lab.

### Tips for an Easier Saliva Collection

- Smelling food, yawning or pressing the tip of your tongue against your teeth can all help with saliva flow and a faster collection.
- Allow saliva to pool in mouth, then transfer to tube.
- To help remove bubbles while collecting saliva, screw cap on the collection tube and gently tap the tube on a hard surface which helps eliminate bubbles.

# Finish & Send




**STEP 1**

**Complete all paperwork.** Failure to fill out your requisition form fully may cause delays, sample rejections, or an inaccurate report.



**STEP 2**

Place the bagged saliva **samples**, the **Test Requisition form** and any **additional paperwork** back into the plastic test kit box. Make sure to include payment (if applicable). Snap test kit lid shut.



**STEP 3**

**Place the entire test kit box inside the return packaging.** Affix the prepaid label or postage if applicable. Return using the appropriate carrier.

## Important Notes

- **Mistake collecting saliva?** Rinse your tubes out with hot water (no soap), shake out remaining water, and air dry. Restart your collection at the appropriate time.
- Each saliva sample must fill the tube at least halfway, not including bubbles.
- **Freeze any samples not being shipped within 24 hours.** Samples will remain stable under average shipping conditions, including over weekends and holidays.

### Reference(s)

Stalder, T., Kirschbaum, C., Kudielka, B. M., Adam, E. K., Pruessner, J. C., Wüst, S., Dockray, S., Smyth, N., Evans, P., Hellhammer, D. H., Miller, R., Wetherell, M. A., Lupien, S. J., & Clow, A. (2016). Assessment of the cortisol awakening response: Expert consensus guidelines. *Psychoneuroendocrinology*, 63, 414–432. https://doi.org/10.1016/j.psyneuen.2015.10.010