



Saliva Cortisol Awakening Response (CAR)
Collection Kit

Saliva Collection Instructions

Carefully Review Prior to Collection

Available at www.zrtlab.com

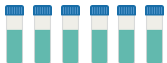


Click here to view the collection video
or visit **www.zrtlab.com/collection-videos**

Identify Your Panel Requirements

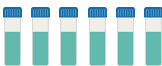
Begin by reviewing your panel requirements. In Section 6 of the Test Requisition Form, locate the test code associated with your selected panels and match it to the panel below to confirm your test.

Collection Materials

Saliva Tubes
 6 Small 5mL Tubes

Test Code + Panel	Collections Required
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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

Prepare for Collection

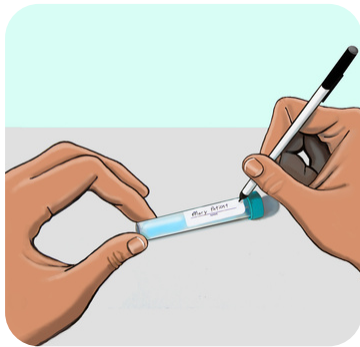
Please read all collection instructions below carefully **before** beginning your saliva collection.

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

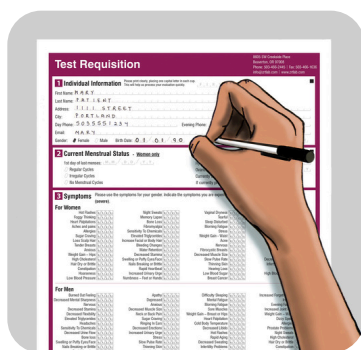
Collect your 4th, 5th, and 6th saliva samples just before lunch, dinner and bedtime, respectively. Remember, do **not** eat, drink (except water) or brush teeth at least **2 hours prior** to these three collections. Follow tube labeling as above when sample is collected.

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>