

Cortisol Diurnal Profile

biovis'
DIAGNOSTIK MVZ

Instructions for the Saliva Test



- Saliva samples are taken three times a day: 8 a.m. / 12 noon / 8 p.m.
- The first sample should be taken on an empty stomach, before brushing your teeth in the morning. At noon and in the evening the saliva sample should be taken at 30 minutes after consumption of solid and liquid food. The mouth should be rinsed with water for about 1-2 minutes.

Sampling Procedure

Saliva

Care should be taken that the sample is saliva not sputum from the throat.

- The stopper of the saliva tube is removed by slightly tilting and pulling it off.
- Put a sufficient amount of saliva cumulated in the oral cavity directly into the tube.
- Repeat this process until the tube is at least half full (3.5ml on the scale) than close tube. This is the minimum amount required to carry out all analyses.
- Write name, date and time on the enclosed label and put it on the saliva tube.

Shipping

Put tube into the outer tube and immediately forward the sample to us immediately. If this is not possible or other samples still need to be collected, please put the samples into the fridge until shipment.

Thank you for your support
Your biovis team

Biovis Diagnostik MVZ GmbH
Justus-Staudt Straße 2
65555 Limburg-Offheim
info@biovis.de • www.biovis.de