

## TEST CHANGE

### Cortisol by LC-MS/MS, Salivary

3016866, CORT S TMS

#### Specimen Requirements:

**Patient Preparation:** Collect 1 mL or more of saliva (fully saturated swab). Do not eat for 60 minutes prior to collecting specimen. Do not consume alcohol 12 hours prior to collecting specimen. Do not brush teeth or use toothpaste immediately before collecting specimen, as gums may bleed and contaminate specimen, causing a falsely elevated result. Do not use mouthwash products prior to sample collection. Avoid using lipstick, ChapStick, and other lip items prior to sample collection. Avoid use of exogenous sources of cortisol (e.g., topical or oral hydrocortisone) or similar products during collection to reduce contamination. Rinse mouth thoroughly with water 10 minutes before collecting specimen. Recommended collection time is generally between 11:00 p.m. and 1 a.m. Your healthcare provider may also require different or additional collection times. Be sure to clearly label each tube collected with correct date and time. Specimens visibly contaminated with blood, cellular debris, food particles, or mucus must be recollected.

**Collect:** Saliva. Swab must be completely saturated to ensure sufficient volume for testing.

**Specimen Preparation:** Transfer saturated swab to ~~plain (noncitric acid) cotton~~ Salivette collection device (ARUP Supply #52056). Collection should follow ARUP instructions provided with Salivette. Do not centrifuge salivette. Record the time of collection on the test request form and on the Salivette transport container. Full Salivette device must be returned: blue stopper, swab, insert, and tube.

**Transport Temperature:** Refrigerated or frozen

**Unacceptable Conditions:** Specimens not collected using the Salivette collection~~Salivettecollection~~ device. Sodium azide preservative. Specimens visibly contaminated with blood, cellular debris, food particles, or mucus.

#### Remarks:

**Stability:** Ambient: 1 week Refrigerated: 3 weeks Frozen: 6 months

**Methodology:** Quantitative: Mass Spectrometry

Performed: Sun-Sat

Reported: 1-4 days

Note:

CPT Codes: 82533

New York DOH Approval Status: This test is New York DOH approved.

Interpretive Data:

Reference Intervals:

7 a.m. to 9 a.m.: 0.1-0.75 ug/dL

3 p.m. to 5 p.m.:  $\leq 0.401$  ug/dL

11 p.m. to midnight:  $\leq 0.1$  ug/dL

Reference Interval:

By report