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PROGRAM

**Affiliated Partnerships:**



TO: Referred-in Clients  
FROM: Jeffery Cuneo, LRC Business Coordinator  
DATE: July 9, 2018  
SUBJECT: Cortisol, Saliva

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### Cortisol, Saliva Test Revision

On August 1, 2018 the testing method for Cortisol, Saliva will change while the testing site will remain the same. Please note the reference ranges have changed. The test details are below:

#### Reference Range Revisions:

Current	August 1, 2018
08:00 - 10:00 h: 1.4 - 12.0 nmol/L	06:00 AM – 10:00 AM: <24.1 nmol/L
15:00 - 17:00 h: 0.5 - 3.5 nmol/L	16:00 PM – 20:00 PM: <9.7 nmol/L
22:00 - 24:00 h: <1.9 nmol/L	23:30 PM – 00:30 AM: <7.6 nmol/L

**Method:** Electrochemiluminescence Immunoassay (ECLIA)

**TAT:** 10 Days

**Specimen:** 0.5mL Saliva.

Collect saliva using the specimen collection device provided by ICL. Contact *ICL Client Care* 1-888-285-7817 ext. 300 to obtain a device and instructions on use.

#### Collection and Handling

Saliva must be separated from the swab in the collector prior to submission. Store and send cold or frozen. Indicate collection time on requisition and on collector: AM (06:00 AM -10:00 AM), (16:00 PM – 20:00 PM) or Late Night (23:30 PM – 00:30 AM). Wait at least 30 minutes after a meal or oral intake of drugs before collecting saliva. Do not brush teeth before collection. Samples with obvious blood contamination from bleeding gums are unsuitable.

#### Stability

Room Temperature: 2 Days

Refrigerated: 90 Days

Frozen: 365 Days

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For further information please contact:

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