



**Memo No.** 2018-024  
**Date:** 29-Jun-2018  
**Memo To:** Clients  
**Re:** Test Revision – Cortisol, Saliva

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The assay method will be revised effective 01-Aug-2018 as described below; analysis will continue being performed at St. Michael's Hospital, Toronto, ON.

You will note revised collection instructions and reference values, with no change to the saliva collector provided by ICL.

The ICL website listing will be revised just prior to the implementation date.

### **Cortisol, Saliva**

**Method:** Electrochemiluminescence immunoassay (ECLIA) **TAT:** 9 Days

**Specimen:** Saliva. Collect saliva using ICL saliva collector and instructions (minimum 0.5 mL). Saliva collectors are available from ICL Client Care at 416-422-300 ext. 300 or [info@ICLabs.ca](mailto:info@ICLabs.ca). Saliva must be separated from the swab in the collector prior to submission – refer to Collection Instructions available on the website. Store and send cold or frozen.

Indicate collection time on requisition and on collector: A.M. (06:00-10:00h), P.M. (16:00-20:00h) or Late Night (23:30-24:30h). Wait at least 30 m 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:** Saliva sample is stable for 2 days at room temperature, 3 months at 4°C, and 12 months at - 20 °C. Freeze only once.

**Reference Values:** 6-10 a.m. <24.1 nmol/L  
4-8 p.m. <9.7 nmol/L  
11:30-12:30 a.m. <7.6 nmol/L

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If you have further questions, please contact Client Care at (416) 422-3000 Ext. 300 or [info@ICLabs.ca](mailto:info@ICLabs.ca) or you may contact me directly.

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**Want to receive updates by e-mail? Please contact Client Care [info@ICLabs.ca](mailto:info@ICLabs.ca)**

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