



Adrenal Stress Test

PATIENT PREPARATION:

- **In order to test your adrenal output and response to stress, this test is to be conducted during a “typical” day.**
- It is not necessary to discontinue nutritional supplements prior to this test.
- This test monitors the changes in your body over the course of a day; therefore, a total of **four** specimens will be collected throughout the course of a day.
- Do not eat anything and drink only water for one hour prior to specimen collection.
- **Rinse your mouth with water before each collection. Beverages such as coffee, tea and soda may alter the tests results.**

COLLECTION INTERVALS:

1. Collect the first sample **within 30 minutes of waking**. Write the time of the sample on the tube and check the “AM” box.
2. Collect the second sample between **11:00 AM and 1:00 PM**. Write the time on the tube and check either the “AM” or “PM” box.
3. Collect the third sample between **4:00 PM and 6:00 PM**. Write the time on the tube and check the “PM” box.
4. Collect the final sample between **10:00 PM and Midnight**. Write the time on the tube and check the “PM” box.

SALIVA COLLECTION:

- Write the patients first and last name, date of birth and date of collection on the test requisition form, **as well as on the collection tubes** using a pen or permanent marker.
- **Rinse your mouth with room temperature water.**
- **Remove** the top from the tube and remove the cotton plug from the suspended insert. **DO NOT** remove the insert.
- **Place** the cotton plug into your mouth and gently chew the cotton for 1-2 minutes.
- **Place** cotton plug back into the collection tube and replace the top securely upon the collection tube.
- **Place** the tube back into the biohazard bag and seal the bag.
- **Repeat** the collection process with a fresh tube and cotton plug for each time interval.



Lab Testing Instructions for Patients
Updated: 11/16/12

Progressive Medical Center
Department: Nursing

SPECIMEN PREPARATION:

- Place all four specimens into the biohazard bag.
- Seal the biohazard bag.
- After all four samples have been collected, **place them in the refrigerator.**

PATIENT CHECKLIST:

1. **Name, date of birth and collection date** are written on the requisition form and collection tubes. Due to federal and state regulations; **we will not be able to process samples that are not properly labeled.**
2. Tubes are tightly capped
3. The test requisition **MUST** accompany the samples.
4. Return the samples to Progressive Medical Center during your second visit or follow shipping instructions in this document or included with test.