

DIRECTIONS FOR SALIVA COLLECTION

PLEASE NOTE:

- Do not eat, drink, smoke or chew gum for 30 minutes before giving your saliva sample.
- Do NOT remove plastic film from the blue lid.
- Do not screw the blue cap onto the clear cup until after you have finished giving your sample.

If you wish to be “walked through” these procedures,
please call Emily at 813-745-6952

1. Open the plastic container and remove the blue and clear 2-piece collection kit and recycle outer packaging.
2. Hold the *clear* collection container close to your mouth and spit into it as shown in **picture 1**.
3. Spit until the amount of liquid saliva (not counting foam) reaches the level shown in **picture 2**.

User Tips:

- *Be patient: On average it takes 2 to 5 minutes to produce a saliva sample.*
4. Place container on a flat surface and screw the *blue* lid on to the container as shown in **picture 3a**. Make sure the lid is closed securely as shown in **picture 3c**.
Tip: If you have trouble, turn the cap slightly counter-clockwise then try to close again.
 5. Gently mix the liquid and saliva – see **picture 4**.
 6. Place the sealed container into the leak-proof plastic bag, with the absorbent sheet. Remove any air from the bag and seal it. Write the date that the sample was collected on the label provided.

