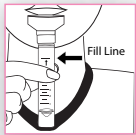


# Patient Instructions for Saliva Collection

- Vigorously rinse your mouth with clean water 5 minutes prior to specimen collection (30 minutes prior is ideal).
- After rinsing, ***do not*** brush your teeth, use mouthwash, eat, drink, chew gum or smoke prior to sample collection.

## Collection

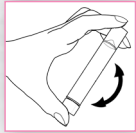


1. Begin collecting your sample by allowing saliva to pool in your mouth. Then spit into the wide funnel of the tube allowing saliva to collect in the upper chamber of the tube.

- Fill the tube until the amount of saliva (not bubbles) reaches the fill line as shown.



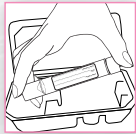
2. Once filled, unscrew the funnel allowing the saliva to flow into the lower chamber of the tube containing the stabilizing solution. Discard the funnel.



3. Use the blue cap to close the tube tightly. Shake the capped tube for 5 seconds.



4. Complete the provided label with your name (first and last), your date of birth and the current date. Affix the completed label lengthwise to the capped tube.



5. Place the labeled tube into the plastic transport box and close.

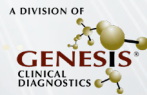
**Wash with water if any stabilizing solution comes in contact with eyes or skin. Do NOT ingest.**

## Packaging

6. Insert into the central pocket of the biohazard bag and zip to seal. Place the completed test requisition form into the front pocket of the biohazard bag.
7. Place the sealed biohazard bag into the prepaid FedEx Lab Pack envelope. Be sure to seal the Lab Pack and verify that a preaddressed airbill is attached to ensure proper delivery. Contact FedEx at 1(800)463-3339 or visit [www.fedex.com](http://www.fedex.com) to arrange a pick-up.



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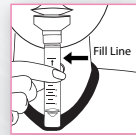


IH0190 Upd.: 9.2023

# Patient Instructions for Saliva Collection

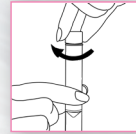
- Vigorously rinse your mouth with clean water 5 minutes prior to specimen collection (30 minutes prior is ideal).
- After rinsing, ***do not*** brush your teeth, use mouthwash, eat, drink, chew gum or smoke prior to sample collection.

## Collection

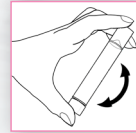


1. Begin collecting your sample by allowing saliva to pool in your mouth. Then spit into the wide funnel of the tube allowing saliva to collect in the upper chamber of the tube.

- Fill the tube until the amount of saliva (not bubbles) reaches the fill line as shown.



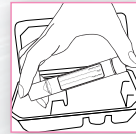
2. Once filled, unscrew the funnel allowing the saliva to flow into the lower chamber of the tube containing the stabilizing solution. Discard the funnel.



3. Use the blue cap to close the tube tightly. Shake the capped tube for 5 seconds.



4. Complete the provided label with your name (first and last), your date of birth and the current date. Affix the completed label lengthwise to the capped tube.



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**Wash with water if any stabilizing solution comes in contact with eyes or skin. Do NOT ingest.**

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