

## Instructions for collection of saliva samples

You are provided with 2 salivette tubes for the collection of saliva. Please collect your saliva samples at the following times:

1. When you wake up in the morning
2. Just before you go to bed



**NOTE: If you have recently smoked, eaten, had a drink, or cleaned your teeth – please wait at least 30 minutes before collecting the saliva sample**

### Collecting your saliva:

**Step 1:** Hold the tube and remove the stopper.



**Step 2:** Remove swab and place in mouth. Gently chew for at least 2 minutes until swab is saturated.

(Alternatively you can discard the swab and passively drool into the tube, before securing with the stopper).



**Step 3:** Return swab to the tube (plus any additional saliva in mouth) and replace the stopper.



**Step 4:** Write the **date & time (24h clock)** you took the sample clearly on the tube. Check your name and DOB are correct.



**Step 5:** Return the samples to your GP surgery. If you are not able to return the samples immediately please store in a fridge. Samples must be received in the laboratory within 7 days of collection, after this time they will be unsuitable for analysis.

