## **BLOOD SCIENCES**

## DEPARTMENT OF CLINICAL BIOCHEMISTRY



Q Pulse Reference N°: BS/CB/DCB/MIS/18

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Version N<sup>o</sup>: 1 Page 1 of 1

## 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:

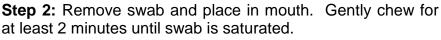
- 1. When you wake up in the morning
- 2. Just before you go to bed



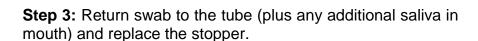
NOTE: If you have recently smoked, eaten, had a drink, or cleaned your teeth – please wait at least 30 minutes before collecting the saliva sample

## **Collecting your saliva:**

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



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











