

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.

Place the two tubes within the sample bag attached to a completed request form – this should have been supplied by your doctor asking for the test. **The samples must be returned with a request form or they will not be processed.**



Step 5: Return the samples with the request form 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.

