

Below are instructions on how to collect a saliva sample. It is important to carefully read and follow these instructions for the sample to be processed. Please **DO NOT** eat, drink, chew gum, or smoke *AT LEAST* 30 minutes before the sample is collected.

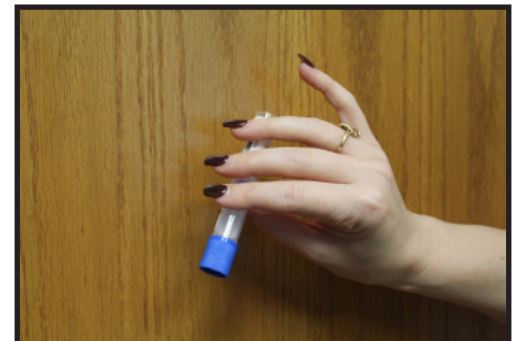
1. Write the name, date of birth, and date of collection of the person whose saliva is being collected on the provided label. Place the label on the collection tube. **We cannot accept the sample without this information.**



2. Rub the swab back and forth along the lower gumline ten times (10x) on each side for a total of twenty times (20x). *Please note that the recommended placement of the swab is along the lower gumline, NOT the cheek.*



3. Unscrew the swab from the tube. Be careful not to spill the liquid in the tube. This liquid helps preserve the sample. Place the swab containing the sample into the liquid in the tube, and twist the top to seal it tightly. Invert the tube ten times (10x) to make sure the specimen is preserved properly.



Specimen Collection Instructions

4. After collecting the sample, place the tube in the biohazard bag with the absorbent square. Place all completed paperwork in the pouch outside the biohazard bag.



5. Seal the biohazard bag, place it in the box, and close the box.



6. Put the box in the pre-labeled US Postal Service envelope, and seal the envelope.



7. The envelope can be placed in any US Postal Service mailbox for pickup. Please make a note of the tracking number for your records.

