

SALIVA COLLECTION INSTRUCTIONS

Questions? Call 1-800-XXX-XXXX

You are scheduled to collect your 3 saliva samples on: _____ (collect all 3 samples on same day)

#1 GREEN-----Upon awakening, **before you get out of bed** (awakening is when your eyes are open and you are ready to get up for the day)

***Set a timer for 30 minutes, as a reminder for collecting sample #2

#2 YELLOW----30 minutes after awakening

#3 RED-----At bedtime (right before getting into bed)

BEFORE YOU GIVE A SAMPLE

DO:

-> Keep collection supplies by your bedside (white storage container, Ziploc bag, these instructions, and 3 checklists).

-> Only unscrew the white storage container when you are ready to collect a sample.

-> Only withdraw **the small tube you are about to collect saliva into**. After taking out a small collection tube immediately put the screw cap back on the white storage container.

DON'T:

-> Do NOT drink alcoholic beverages on the day you collect your samples.

-> Do NOT smoke or use tobacco, drink anything, or brush your teeth 30 minutes before you collect a sample.

-> Do NOT consume dairy products, acidic or sugary foods within 30 minutes before you collect a sample.

-> Do NOT eat anything between #1 and #2 sample. Do NOT eat a meal within 60 minutes of #3 sample.

* NOTE: If you DO any of these things, go ahead and collect your samples and complete the checklists honestly.

HOW TO GIVE A SAMPLE

1. Upon awakening, unscrew the cap on the white storage container and retrieve ONLY the #1, (GREEN) collection tube and IMMEDIATELY replace the white cap to the storage container. Retrieve 1 straw and remove the plastic wrapper.
2. Remove wrapper from straw. Unscrew the cap on the small collection tube and place one end of the straw into your mouth and the other end of the straw into the #1, collection tube.
3. Close your mouth and imagine eating your favorite food. Tilt your head forward and with your tongue, push the saliva down the straw into the collection tube. Continue until the saliva (not the bubbles) reach the goal line marked in pen.
4. After providing this sample, replace the small (GREEN) colored cap on the #1 collection tube. Make sure the cap is screwed on completely. Discard the used straw and place the saliva sample inside the Ziploc bag.
5. Immediately after collecting your sample, complete the answers to the questions on the checklist for the #1 sample. Be sure to **write the exact time and date of collection on the checklist**, even if different from instructions (there is no penalty).
6. Follow these procedures above with the #2 (YELLOW) and #3 (RED) samples. After placing all 3 saliva samples into the Ziploc bag, seal the Ziploc bag.

HOW TO PACKAGE AND MAIL YOUR SAMPLES

The day after you collect the 3 samples, place the following into the pre-addressed mailer:

1. Empty white storage bottle (with cap on)
2. Sealed Ziploc bag containing #1 (GREEN), #2 (YELLOW), and #3 (RED) saliva samples.
3. The 3 completed Checklists, folded in half.
4. **Close the mailer and place package in the US mail!** (You should receive your incentive in the mail within 30 days of sending samples in).