

## Specimen Collection Manual: Saliva Instructions

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- Instruct the patient on the difference between **Saliva** (spit) and sputum. Ideally, saliva specimens should be collected under the direct supervision of a physician, nurse or technician.
- Have the patient rinse their mouth with water and wait for 10 minutes.
- Have the patient rub their cheeks and wiggle their tongue to stimulate the secretion of saliva.
- Have the patient spit into the **Collection Funnel** until the liquid saliva (not the bubbles) in the **Collection Tube** reaches the 2mL mark. If there are excess bubbles, eliminate them by gently tapping the tube on a hard surface.
- Discard or recycle the **Collection Funnel**.
- Twist and remove the tip of the **Preservative Ampoule**.
- Squeeze the **Preservative Ampoule** to empty the entire contents into the **Collection Tube**.
- Screw on the cap of the **Collection Tube** to **close it tightly**.
- Shake well for 10 seconds to mix.
- The **Saliva** specimen is now preserved and ready for shipping, processing or storage.

## Specimen Collection Criteria

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- Patient must refrain from eating, drinking, smoking, chewing gum, brushing or flossing for 30 minutes before saliva collection.
- It may take up to 7 minutes to collect the sample. Do not exceed 30 minutes for sample collection.
- Collect the specimen directly into the **Saliva DNA Collection and Preservation Device** provided.
- **Unacceptable specimen:** Saliva specimens that have not been mixed with Preservation Ampoule within 30 minutes of collection.
- Children should be supervised due to the choking hazard of the **collection tube cap** provided with the Saliva DNA Collection and Preservation Device.

## Processing

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- Once the saliva is collected and preserved, saliva is stable at room temperature.