Saliva collection and mailing instructions

Do NOT eat, drink, smoke or chew gum for 30 minutes before giving your saliva sample. Do NOT remove the plastic film from the funnel lid.



To improve saliva generation: rub the cheeks or rub your tongue on the roof of the mouth. Imagine candy, lemon or favorite food in your mouth. Alternatively you can place a small amount of sugar on the tongue and allow the sugar to dissolve.

Saliva kit contents



This is what you can expect to receive in your kit.

Saliva collection and mailing instructions



Spit a small amount of saliva (not bubbles) until it reaches the solid line.



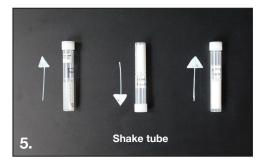
Funnel lid contains stabilizer liquid. Close the lid tightly by pushing down hard on the funnel lid until you hear a loud click.



Remove the blue cap from kit and place on the side. Hold the tube upright. Unscrew the funnel from the tube.



Use the small blue cap to close the tube tightly.



Shake the capped tube for 5 seconds. Discard the funnel.



Seal the capped tube into the bag provided. Do NOT remove absorbent pad.



Place bag with sample into the box.



Close box and seal shut.



Mail from nearest postal location. This box already contains a prepaid shipping label.