

1 Verify saliva collection kit contents

- Saliva Collection Vials
- Plastic Straws
- Ice Packs
- Silver Thermal Bag
- Parafilm Squares
- Labels
- Biohazard Bag
- UPS/FedEx Laboratory Pak with attached air bill
- Requisition form

2 FILL IN DATE OF BIRTH ON REQUISITION FORM (REQUIRED). Record medications and sign form.

3 Freeze provided icepacks

4 Please observe the following :

PRIOR TO COLLECTION DO NOT		
48 hours prior to collection	12 hours prior to collection	1 hour prior to collection
<ul style="list-style-type: none"> • Have dental work performed 	<ul style="list-style-type: none"> • Take hormones sublingually (under the tongue) or in pill form • Consume any alcohol 	<ul style="list-style-type: none"> • Drink any liquids • Consume food, caffeine, or nicotine • Brush or floss teeth • Use mouthwash • Use any lipstick or lip balm

5 See collection schedule and instructions on reverse side

Shipping Instructions

After all tubes have been collected and frozen:

- Place tubes in the bio-hazard bag provided and seal the bag
- Place the bio-hazard bag between the two FROZEN icepacks and place in the provided silver foil thermal bag
- PLACE THE **COMPLETED** REQUISITION FORM IN THE BOTTOM OF THE CSS BOX (REQUIRED)
- Place the silver foil thermal bag into the CSS box
- Place CSS box into the pre-paid UPS/FedEx Laboratory Pak and seal tightly
- Call the shipping carrier to schedule a same-day pickup , or drop off at a UPS/FedEx location *NO DROP BOXES
 - **UPS** : 1-800-823-7459
 - **FedEx** : 1-800-463-3339

COLLECTION INSTRUCTIONS

****Before beginning collection, wash hands thoroughly with soap and water**

1. Using a ballpoint pen or pencil ONLY, write: NAME, GENDER, AGE, with TIME AND DATE of collection (including AM/PM), on the label
2. With your head forward, allow saliva to pool in the mouth
3. Place one end of the straw in the collection vial and the other end in the mouth
4. DO NOT cough or clear your throat into the collection vial. Allow the saliva to drool down the straw and into the collection vial. It is normal for the saliva to foam during collection; however, liquid saliva should reach the 3.5mL mark. Insufficient saliva samples may be unusable and will be rejected

Saliva samples visibly contaminated with blood should be discarded and recollected

5. Repeat as often as necessary until sufficient sample is collected. If the mouth is dry, place a square of parafilm in the mouth and gently chew to stimulate saliva production (remove backing of parafilm square before placing in mouth)
6. REMINDER: Collection time and date must be written on the tube. The cap must be sealed tightly to avoid leakage
7. Place tube in a freezer within 30 minutes of saliva collection and allow it to freeze completely before shipping.
8. Repeat steps 1-6 for each collection tube at the times indicated below, unless you've been given specific instructions by your healthcare provider. To avoid confusion or rejection of specimen, please be sure EACH tube is labeled with the correct collection date and time, including AM or PM

COLLECTION SCHEDULE

- 1st collection - within 30 minutes of waking up, before 8 AM
- 2nd collection - approximately 2 hours after initial collection, before 10 AM
- 3rd collection - between 12 Noon and 1 PM
- 4th collection - approximately 5 PM
- 5th collection - bedtime, before midnight
- 6th collection (optional) - for best results, 6th collection should be approx. 2 hours before your normal waking time

Please Note:

- Failure to collect samples as stated by Cell Science Systems may affect test results
- Samples that are contaminated with blood will give falsely elevated hormone levels
- If you are under the care of a healthcare provider, testing should be professionally requested and interpreted
- Patient self-requested tests are not intended for the purpose of diagnosing illness or disease