



## Specimen Collection

- Ensure all collection materials are labelled with the correct identifying information.
- Do not eat or drink anything for at least 30 minutes before collecting the saliva.
- This protocol is intended for the collection of normal saliva that naturally pools into the mouth. No coughing or sniffing is required.
- Remove the cap from the tube.
- While preparing collection materials, direct the sample provider to begin pooling saliva in their mouth. Saliva production can be stimulated by thinking about food (favorite foods, upcoming meals, etc.) or about the saliva collection itself.
- Spit into the tube up to 1.5 ml (line where the cone meets the cylinder)
- Tightly close the tube with the provided cap.
- After collection, clean hands using alcohol-based sanitizer or soap and water.
- Transfer the sample to the laboratory for sample processing. If the time between sample collection and the initial processing steps (aliquoting) is likely to exceed 6 hours, samples can be stored at 2-8°C for up to 7 days.