

# How to Collect Your Saliva

## A. Preparation Before Collection

- Saliva should be collected between 9am and 10am.
- Rinse mouth with water thoroughly and wait at least 10 minutes.
- Make sure you have the oral swab, saliva storage tube, syringe filter and 5cc syringe for saliva collection.

## B. Cell-free Saliva Collection

- Put on the provided gloves
- Remove the swab from the package and place it under the tongue. Do not move the swab around in mouth during collection. Keep the swab in the mouth for at least 3 minutes.
- Firmly remove the plunger of the 5cc syringe and carefully spit the swab into the syringe barrel, then put the plunger gently back into the syringe. Be careful not to touch the swab, plunger and outlet of the syringe with hands.
- Open the package of the syringe filter, assemble the filter tightly to syringe by screwing. Be careful not to touch the inlet and outlet of the filter with hands.
- Open the saliva storage tube, gently squeeze the swab with plunger to squeeze out at least 3-5 drops of saliva into the tube.
- Cap the saliva storage tube tightly, and keep it in your refrigerator.
- Within 1 week, send the sample(s) back to us with dry ice as soon as possible with a designated courier.

