

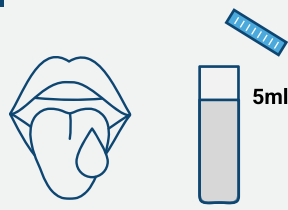
# Saliva (4 tubes) Collection Instruction

## Step 1



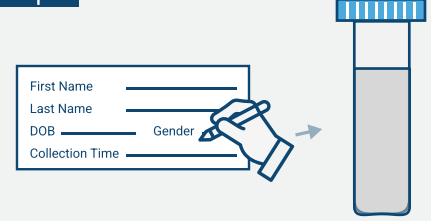
In the morning, after you wake up, unscrew the Saliva tube with **Blue Cap**.

## Step 2



Allow saliva to pool in your mouth and fill the **Morning Saliva Tube** to the 5 ml line. Provide enough Saliva to reach that line. The saliva must be liquid and not bubbles.

## Step 3



Screw the **Morning Saliva Tube**. Write Name, Date of Birth and Collection Time & Date on the Morning(Walking) label then stick it on the tube.

## Step 4



Repeat Step 1 through Step 3 for each collection time.

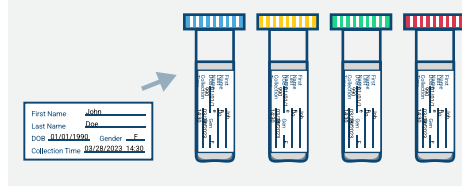
**Yellow Cap** in Afternoon before lunch

**Green Cap** in Evening before dinner

**Red Cap** at Night before bed

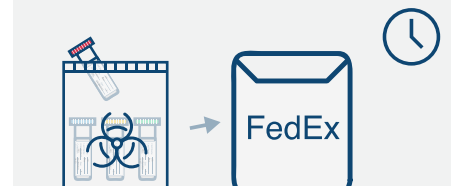
Select appropriate saliva tube and label based on the collection time.

## Step 5



Make sure all the tubes are labeled appropriately with **your Name, Date of Birth and Collection Time & Date**.

## Step 6



Place all collection tubes inside the biohazard bag.

Mail immediately via FedEx. Holding collected samples more than **24 hours** may result in rejection.



## Important Collection Tips!

- Must collect saliva 4 times during a day
  - **First collection** - Morning upon waking
  - **Second collection** - Afternoon before lunch
  - **Third collection** - Evening before dinner
  - **Fourth collection** - Night before bed
- Men and non-menstruating women may collect any day of the month
- Menstruating women must collect based on the following schedule:
  - *Regular Cycles: Collect on day 19, 20 or 21 of your menstrual cycle. Day 1 = first day of your period*
  - *Irregular Cycles: Collect 5 days before your period begins.*
  - *Unpredictable Cycles: Collect any day when not bleeding.*

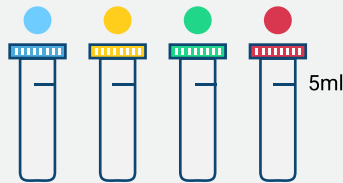
- Ensure that the samples are accurately labeled with your name, date of birth, and the date and time of each sample collection. Samples with insufficient labeling will be rejected.
- If you miss a collection time, collect the sample at the designated time the following day and label appropriately.
- Immediate shipping of samples is recommended after all four samples are collected.

**Ensure you plan the day you are going to start collecting.**

## Your kit includes:



Disposable Gloves  
x4



Saliva tubes labeled Morning, Afternoon, Evening, and Night  
x4



Collection label  
x4



Biohazard bag  
x1



Return Envelope  
x1

**For at least 30 minutes BEFORE testing DO NOT:**



Use Mouthwash



Brush Your Teeth



Chew Gum



Smoke



Drink



Eat