

# Saliva Collection Instructions

## DIRECTIONS TO COLLECT SALIVA

Saliva should be collected at the precise time(s) that your physician prescribed. The preferred method for collecting saliva is to use the provided Salivette, which is a device made specifically for the purpose of collecting saliva. Please read the following directions carefully before starting your collection.

Do not use the Salivette® to collect saliva for salivary testosterone testing.

**Please note:** The Salivette is not intended for use with children under the age of three. Children under the age of ten should have adult supervision.

## BEFORE COLLECTION

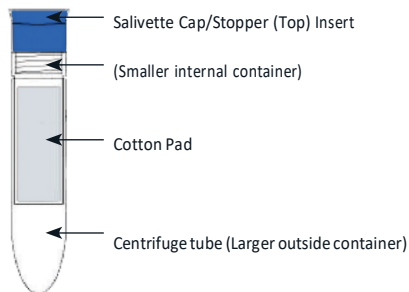
**1. Collect saliva at the specific time(s) listed by your physician.**  
(3 CONSECUTIVE NIGHTS AT 11PM)

**2. Twenty-four hours before collection** – do not use any creams or lotions that contain steroids such as hydrocortisone, and do not use any steroid inhalers. These products can contaminate the Salivette and interfere with results.

**3. Thirty minutes before collection** – do not eat or drink anything at least 30 minutes before collecting saliva.

**4. Avoid activities that may cause your gums to bleed** – do not brush or floss your teeth before collecting saliva.

**5. If your gums or the inside of your mouth are bleeding,** do not collect a sample. Please consult with your physician if this is a chronic problem.



## WHEN YOU ARE READY TO START COLLECTING SALIVA

1. Before touching the Salivette, wash your hands with soap and water, and dry them thoroughly.

2. Open the top cap/stopper and place the cylindrical cotton pad in your mouth.

3. Roll the cotton pad in your mouth for a minimum of 90 seconds or until you can no longer prevent swallowing excess saliva (pad should be saturated).

4. If you cannot roll the cotton pad in your mouth, place the cotton pad under the tongue for a minimum of 90 seconds or until it is well saturated.

5. Once the pad is saturated, it should be put back into the insert (internal smaller vessel) and firmly closed with the top cap/stopper. The Salivette should now look exactly as it did when you started, with the cap, insert, cotton pad, and centrifuge tube.

6. Carefully label each Salivette with the following:  
-First and Last Name  
-Date of Birth  
-Collection Date  
-Collection Time

7. Return the specimen(s) to your preferred lab with the requisition.

