

## Directions to Collect Saliva

Saliva should be collected at the precise time(s) that your doctor prescribes (the usual time is midnight). The preferred method for collecting saliva is to use the provided Salivette, which is made specifically for collecting saliva.

Please read the following directions carefully before starting your collection.

### Before collection

1. Collect saliva at the specific time(s) requested by your doctor.
2. 24 hours before collection – do not use any creams or lotions that contain hydrocortisone, and do not use any steroid inhalers. These products can contaminate the Salivette.
3. 30 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 your doctor if this is a problem.

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



### When you are ready to start collecting saliva:

1. Wash your hands with soap and water, and dry them thoroughly.
2. Open the purple top cap/stopper from the collection tube, and place the cylindrical cotton pad in your mouth.
3. Roll the cotton pad in your mouth for a minimum of 90 seconds so that the cotton pad becomes saturated (soaking wet) with saliva.
4. If you cannot roll the cotton pad in your mouth, place it under the tongue for a minimum of 90 seconds or until it is well saturated.
5. Once the pad is saturated, place it in the internal smaller vessel of the collection tube. Firmly close with the purple top cap.
6. Carefully label each collection tube with your surname (S), given name (G), date of birth (DB) and collection date and time (CDT).
7. Record the date and time of collection on the completed request form provided by your doctor.
8. Place specimen in the refrigerator.
9. Return the specimens and request form to the nearest Mater Pathology collection centre within one day of collection.



<https://www.medicalexpo.com/prod/sarstedt/product-69921-585981.html>