

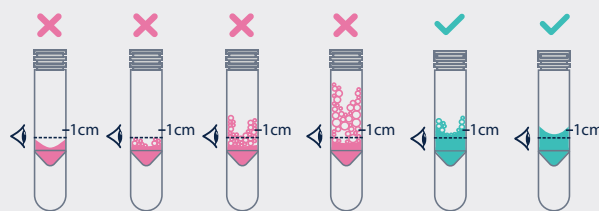
Instructions for collecting saliva samples

30 minutes before sampling

- Wash your hands
- Do not use if you are sick (infection)
- Do not eat or drink
- Do not smoke
- Do not chew gum
- Do not wear lipstick
- Do not brush your teeth



The quantity of liquid must be sufficient and exceed the filling line by at least 1cm (not including bubbles).



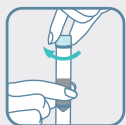
1 Spit in the funnel until the amount of liquid in the tube reaches about 1 cm above the fill line. Do not include the bubbles in the measurement.



2 Close the tube tightly by pressing strongly on the funnel cap until you hear a clear click.



3 Unscrew the funnel from the tube.



4 Close the tube with the small cap.



5 Shake the capped tube for 5 seconds and then place the tube into the long, self seal, sample bag.



6 There are two barcode stickers on the underside of the clear plastic box containing the saliva collection device. Affix one of the stickers to your request form, other barcode is not required – please return this in the clear bag. There are two name labels with the request form. Complete the labels

with the patient's name, DOB and sex and affix one label to the white section on the tube (**taking care not to cover the fill line or the barcode on the tube**) and affix the other name label on the long clear sample bag. Place the labelled sample tube into the labelled clear bag and place back into the plastic box. Return the saliva sample using the outer cardboard box.



7 Ensure your request form is fully completed **including the date and time of saliva collection** and is enclosed with your saliva sample and sent to the laboratory in the outer coloured Royal Mail Tracked 24 plastic envelope provided.

Important checklist

- Before you return the saliva sample, please place the completed request form into the returning postal pack.
- Make sure one barcode sticker is applied to the request form. Affix a label with the patient's name, DOB and sex to the sample tube, ensuring that the barcode and fill line is not obscured, and another to the long sample bag.
- Place the labelled saliva tube into the labelled long sample bag then into the collection kit and close the box and place it into the return postal envelope.

- Please post your sample to The Doctors Laboratory as soon as possible from any Royal Mail post box in the UK. No stamp is required within the UK.
- Ensure that the request form is fully completed including the date and time of saliva collection.

If you need assistance please contact
The Doctors Laboratory on 020 7307 7373
or email endotest@tdlpathology.com