

# SALIVA COLLECTION TIPS

## How to collect a saliva sample for Foresight screens

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### Preparing the sample

- Ensure **NAME**, **DATE OF BIRTH** and **COLLECTION DATE** are written on the collection tube

### Collecting the sample

- **NO** eating, drinking, smoking, chewing gum, kissing, etc. **30 minutes prior** to collection.
- Spit into funnel until liquid saliva (not bubbles) reaches the fill line.
- Close the lid until you hear a click releasing the liquid from the cap into the saliva sample.
- Unscrew the funnel and use the small cap to seal the container immediately; shake for 5s. *(If your sample includes bubbles that reach the top of the funnel, let the sample settle to reduce potential spillage before unscrewing the funnel).*

### Sending the sample to Myriad

- Seal the filled and labeled saliva tube in specimen bag and place into Myriad box.
- Keep the patient card with barcode to access results online.
- Place Myriad box into prepaid FedEx mailer and arrange for delivery back to Myriad via one of the following options:
  1. Schedule a FedEx pick-up
  2. Place in FedEx drop-box
  3. Bring to a FedEx location

### Tips

- Do not remove the plastic film from the funnel cap.
- The average time required to provide a good sample is approximately 2-5 minutes. Be patient.
- If producing a complete sample is proving difficult, saliva production can be induced by rubbing the cheeks, closing the mouth and wiggling the tongue, or placing a few grains of plain white sugar on the tongue.

### Reminders

Follow instructions within kit (ensure you select the correct kit for the desired genetic screen).

