**Saliva Sample Collection & Shipping Instructions**

**SAMPLE COLLECTION**

Do **NOT** eat, drink, smoke, chew gum, or brush your teeth for **30 minutes** before collecting the sample. If needed, a more detailed set of instructions is included with the spit collection kit.

1. Remove the collection funnel and tube from the pack. Unscrew the cap from the tube and screw the collection funnel on to the tube gently.

2. Start spitting into the funnel. Continue spitting into the funnel until the level of the liquid reaches the **4 ml line**.

3. Unscrew the collection funnel and replace the tube cap tightly. Discard the funnel.

4. Shake the tube gently for 5 seconds to mix the saliva with the solution.

**PACKAGING INSTRUCTIONS**

1. Insert the **TIGHTLY** sealed tube into the small plastic bag with absorbent pad inside and close the zip seal.

2. Place the sealed bag inside the bubble pouch, remove the white adhesive strip and seal the bubble pouch closed.

3. Place the closed bubble pouch inside the white, pre-paid envelope.

**SHIPPING INSTRUCTIONS**

Place the envelope in any USPS mailbox. If you are unable to locate a mailbox, please visit the USPS website at www.usps.com.