

Instructions for Collecting Saliva Specimens

Guidelines for collection:

1. Rinse mouth thoroughly with water 10 minutes before sample is collected.
2. No food or fluids for 60 minutes prior to collection.
3. No caffeinated products for 2 hours before sampling.
4. No alcohol for 12 hours prior to collection.
5. Avoid dairy products containing bovine hormones and acidic or high sugar foods.
6. Do not brush or floss teeth just prior to collection. Do not collect a sample if the gums or mouth are bleeding, as it will invalidate the measurement.
7. Select "typical" days for sampling, rather than especially exciting or troublesome days, such as exam days or days of vigorous exercise.
8. Do not apply creams or lotions that contain steroids immediately prior to collection. This is to avoid contamination of the salivette swab.
9. Salivettes are not intended for use with children under the age of 3. Children under the age of 10 should have adult supervision.

Using a Salivette:

1. Label the salivette tube with your name, date of birth and date and time of collection.
2. Remove the cylindrical shaped swab from the tube and place in the mouth.
3. The swab should be chewed for 1-2 minutes, or until one can no longer prevent swallowing excess saliva (swab is saturated).
4. If the swab can not be chewed it can be placed under the tongue for 1-2 minutes or until completely saturated.
5. After the swab is saturated, return the swab to the tube and place the cap tightly on the tube. The entire salivette tube should be returned to the lab for processing.
6. If you have any questions, please call 612-273-3454.

Lab use only:

1. Test code SCORT
2. See Lab Guide for processing instructions.