

### **Saliva Collection Instructions**

- **No food or drink 30 minutes before saliva collection.**
- **Wash/sanitize hands before collection.**
- **Spit 3ml of saliva into Tube 1 (run tongue over teeth and gums)**
- **Pour preservative contents of Tube 2 into saliva. DO NOT INGEST!**
- **Put cap on Tube 1, tighten and put on label.**
- **Discard empty Tube 2 in trash, wash/sanitize hands .**
- **Place specimen in bag, squeeze out air and place in collection receptacle.**