

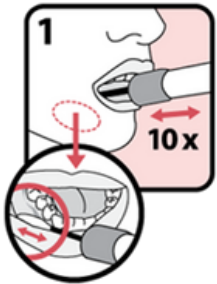
SALIVA COLLECTION PROCEDURE

BEFORE YOU BEGIN



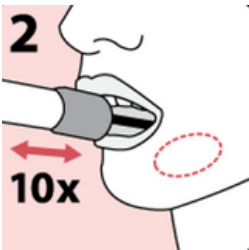
Watch this video for
Collection Procedure

- Wait 30 minutes after waking up, eating or drinking, using oral tobacco or marijuana products (smoking, vaping, chew, pouches, lozenges, etc), brushing teeth, or exercise before collecting saliva sample.
- Rinse (have patient rinse) mouth with tap water before saliva collection.
- Open package and remove collector without touching sponge tip.
- **Sponge tip should only touch the inside of the mouth.**
- Keep sponge tip attached to tube until the end of collection. Hold collector like you would a toothbrush



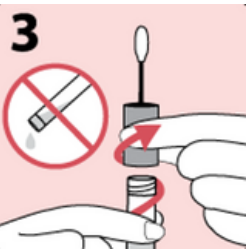
1

- **Researcher, Parent or Participant** can obtain collection, it is dependent on age and comfortability.
- Place sponge in the **back of the mouth between cheek and lower gums**, where saliva typically pools (See close up image).
- Gently **rub the gums 10 times**. Recommend making 10 small circles. Avoid rubbing the teeth.



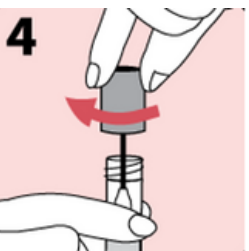
2

- Repeat motion on the opposite side of the mouth between cheek and lower gums for an additional 10 times.



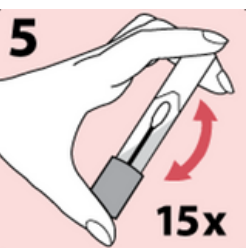
3

- Hold the tube upright to prevent the liquid inside the tube from spilling.
- Unscrew the cap from the collection tube without touching the sponge.
- **Note: BE CAREFUL**, cap can stick when performing this step make sure you have a firm grip before attempting.



4

- Turn the cap **upside down**, insert the sponge into the **tube** and **close cap tightly**.



5

- Invert the capped tube and shake vigorously **15 times**.
- Place swab in Biohazard bag.
- Be sure to **record Participant ID, date and time collected, and sample collection questions online or on the reverse side of this form.**



A reminder email with a link to complete the questions online will be sent to the email address you provided. If you complete the questions online, you do not have to answer the questions on the paper form.

Participant ID: _____

Sample #:

- 1 (in-clinic)
 2 (2 weeks post-clinic visit)
 3 (8 weeks post-clinic visit)

Collect your sample on (Date): _____

I completed the questions online:

- Yes
 No - Please complete section below

Sample Collection Date and Time:	Date: _____	Time: _____	AM / PM
Last woke up prior to collecting sample:	Date: _____	Time: _____	AM / PM
Last ate / drank prior to collecting sample:	Date: _____	Time: _____	AM / PM
Last brushed teeth prior to collecting sample:	Date: _____	Time: _____	AM / PM
Last exercised prior to collecting sample:	Date: _____	Time: _____	AM / PM

Return Instructions

- Make sure sample tube is tightly closed and sealed in the biospecimen bag provided.
- Place sample bag and this completed form into the pre-paid postage envelope and seal shut.
- Send via CanadaPost.

