

# Saliva Self-Collection Kit Instructions for Home Use

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## Contact us with questions or to request supplies:

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## GENETICS AND GENOMICS DIAGNOSTIC LABORATORY

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## Please follow instructions below:



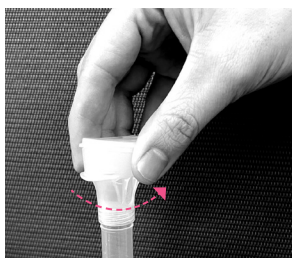
1. Do NOT eat or drink for 30 minutes before collection. Verify that the name and birthdate of the person providing the saliva sample is on the labeled tube.

Spit directly into tube until saliva fluid (not bubbles) reaches the indicated fill line.



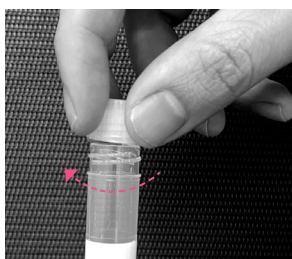
2. When saliva fluid reaches the fill line, close funnel lid tightly by folding the lid over the funnel and pushing down hard until you hear a loud click. The liquid in the funnel lid will be released into the tube when the lid is completely closed.

The volume of the fluid in the tube should be above the fill line at this point.



3. Unscrew the closed funnel top from the tube. Be careful not to spill fluid.

The funnel top can be discarded.



4. Place a NEW lid on the tube using the small round cap (with a **blue** sticker on top) that is included in the kit. Tightly screw on cap to seal the tube for transport. Shake the capped tube for 5 seconds.



5. Place tube inside specimen transport bag and seal. Place sealed bag and any paperwork that is included into the FedEx Clinical PAK and ship to CCHMC by dropping the PAK at a FedEx location.



Video instructions available at  
[www.youtube.com/watch?v=ql2dc39nZ94](https://www.youtube.com/watch?v=ql2dc39nZ94)  
or by scanning this QR code.