



TEDS RESEARCH CENTRE
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Collecting a Saliva Sample

Your pack contains:

- 1 x DNA saliva kit, a plastic Ziploc bag containing an absorbent pad, a blue freepost mailing bag, invitation letter, information sheet, consent form and contact details form.

**AS WITH ALL SMALL OBJECTS AND UNDRINKABLE LIQUIDS,
PLEASE KEEP OUT OF REACH OF CHILDREN AND PETS**

Please clean your teeth **30 minutes before collection** to reduce food particles mixing with the saliva sample. Please do not use mouthwash. **Do not eat, drink, smoke, or chew gum in this time.**

How to Provide a DNA Sample

1. Hold the tube upright with one hand. Replace the lid on the tube with the funnel. Please do not overtighten the funnel. Put the cap of the tube somewhere safe.
2. **Fill the tube with saliva up to the 4ml line.** This can take 2-5 minutes so do not worry about completing your saliva sample quickly.
3. Hold the tube upright. Unscrew the tube from the funnel, replace the cap, and put the tube back into the plastic collection box. **Please ensure that the cap is tight** to reduce the risk of leaks.
4. Please put the completed kit in the plastic Ziploc bag provided. Then place this Ziploc bag into the Freepost envelope provided and post back to the study centre as soon as possible. In the meantime, the tube should be stored at normal room temperatures – not too warm or too cold. The tube should never be placed in a fridge or freezer or in very warm or hot environments, such as on top of a radiator or in direct sunlight.

Don't forget to enclose your ticked and signed consent form, otherwise we cannot use the sample you are kind enough to send us.

THANK YOU FOR YOUR HELP

Questions? Contact us using the details in the header