

Collecting a Saliva Sample

Your pack contains:

- A saliva kit consisting of a plastic tube, a funnel, funnel lid containing 2 ml of a clear solution and a small cap for the tube.

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

Collecting a saliva sample is very easy and is best done when your mouth is free of food, so if you have just eaten please wait a while before providing a saliva sample

How to Provide a DNA Sample

1. Before providing the sample, relax and rub the cheeks gently for 30 seconds to create saliva.
2. Spit into the funnel until the amount of liquid saliva (not bubbles) reaches the fill line on the side of the tube. This will take between 2 and 5 minutes.
3. Hold the tube upright with one hand. Close the funnel lid with the other hand by firmly pushing down the funnel lid until you hear a loud click. This will release the liquid in the lid into the tube to mix with the saliva. Check that the lid is closed tightly.
4. Hold the tube upright. Unscrew the tube from the funnel.
5. Pick up the small cap for the tube and screw tightly onto the tube.
6. Shake the capped tube for 5 seconds. Discard the funnel.
7. Please put the tube and the signed consent form in 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 signed consent form, otherwise we cannot use the samples you are kind enough to send us.

THANK YOU FOR YOUR HELP

Questions? Call our Freephone: 0800 317 029