SALIVA COLLECTION TIPS
How to collect a saliva sample for Foresight screens

Preparing the sample
- Ensure NAME, DATE OF BIRTH and COLLECTION DATE are written on the collection tube

Collecting the sample
- NO eating, drinking, smoking, chewing gum, kissing, etc. 30 minutes prior to collection.
- Spit into funnel until liquid saliva (not bubbles) reaches the fill line.
- Close the lid until you hear a click releasing the liquid from the cap into the saliva sample.
- Unscrew the funnel and use the small cap to seal the container immediately; shake for 5s. (If your sample includes bubbles that reach the top of the funnel, let the sample settle to reduce potential spillage before unscrewing the funnel).

Sending the sample to Myriad
- Seal the filled and labeled saliva tube in specimen bag and place into Myriad box.
- Keep the patient card with barcode to access results online.
- Place Myriad box into prepaid FedEx mailer and arrange for delivery back to Myriad via one of the following options:
  1. Schedule a FedEx pick-up
  2. Place in FedEx drop-box
  3. Bring to a FedEx location

Tips
- Do not remove the plastic film from the funnel cap.
- The average time required to provide a good sample is approximately 2-5 minutes. Be patient.
- If producing a complete sample is proving difficult, saliva production can be induced by rubbing the cheeks, closing the mouth and wiggling the tongue, or placing a few grains of plain white sugar on the tongue.

Reminders
Follow instructions within kit (ensure you select the correct kit for the desired genetic screen).