

Saliva DNA Collection Kit Instructions

Before spitting, please rinse your mouth with water to get rid of food particles. Then wait at least 1 minute before spitting your sample. (It may help to imagine savoring your favorite food for 1 minute before spitting your sample.)

Please collect two samples within a 24-hour period, preferably one in the morning and one in the evening. For each sample, follow the instructions below and complete the date and time information on the back of this form:

1. Remove the Oragene container from the outer plastic container.
2. Spit your saliva into the container.
3. Continue spitting until the amount of liquid (not counting foam) reaches the top of the white label. Finish spitting within 30 minutes.
4. Tighten the cap very firmly.
5. Gently mix your saliva.
6. Place saliva DNA collection container with saliva into outer Oragene container, attach label provided on back side of this form, and place in the enclosed envelope.
7. Be sure to include both saliva DNA kits with the saliva consent form.



SALIVA SAMPLE DATE AND TIME FORM

See Saliva DNA Collection Kit Instructions on reverse side.

Sample 1

DATE SAMPLE WAS COLLECTED: / / 200
(month) *(day)* *(year)*

Check one box

TIME OF DAY SAMPLE WAS COLLECTED: AM PM

Please attach label to
outer Oragene container

SAMPLE 1

Sample 2

DATE SAMPLE WAS COLLECTED: / / 200
(month) *(day)* *(year)*

Check one box

TIME OF DAY SAMPLE WAS COLLECTED: AM PM

Please attach label to
outer Oragene container

SAMPLE 2