

DNA SALIVA TEST Test Preparation

Step 1 – Patient Preparation – We recommend taking the sample and ship Monday – Wednesday.
Write your name, date of birth, and collection date and time on the label on the sample tube provided

1. Wash hands, and dry mouth with a clean towel
2. Rinse your mouth with water 15 minutes prior to collection
3. Avoid food or drink for at least two hours before collection

Tips on Collection

1. Avoid phlegm entering the tube
2. Wash and dry hands prior to collection
3. Do not force saliva, let it flow into the tube
4. If you cannot produce enough saliva, smell a lemon or any kind of food to produce saliva flow.
5. Mistake collecting? Rinse the entire tube with warm water only, let air dry, and then begin collecting again

Step 2- Collection Time

Fill tube at the time below until you have reached the maximum line. There is no problem if you have passed this line. Tightly fasten cap back onto tube. Place tube in the refrigerator as collected until ready to ship. **DO NOT FREEZE TUBES.**

Step 3- Shipping

1. Fill out requisition form with your personal information
2. Gather tube and place it in the original bag (if there is a small white absorbent cloth add that into the bag)
3. Return the bag with the test tubes into the test kit box. Close the box.
4. Place the box with the return shipping label OR in the shipping bag and seal.
5. Drop off in the mailbox if mailing the box OR at the shipping company on the shipping bag if provided i.e. UPS or FedEx. UPS call 1-800-742-5877 or log onto www.UPS.com for your nearest drop off location OR FedEx 1-800-463-3339 or www.fedex.com.

Insurance & OHIP: This test is not covered by OHIP. You will be required to pay for this test at the clinic and then seek reimbursement from your employment or private health care plan, if applicable.

Test Results: Your results will be available 2-4 weeks from the date the lab receives your sample. Please schedule your post-lab consult to review your results and integrate them into your health plan.

If you have any questions: 613-829-7100 or info@revivelif.ca

Saliva Sample Collection Frequently Asked Questions (FAQ)

1. **If I forgot and ate breakfast and/or brushed my teeth before collecting my saliva, what do I do? Should I begin again?**
Yes, start the collection procedure on another day.
2. **I'm having a difficult time collecting enough saliva.**
If you are having difficulty collecting saliva, here are a few recommendations.
 - o • press the tip of your tongue against your teeth very gently.
 - o • think about your favorite dessert or something sweet.
3. **I forgot to rinse my mouth before I collected my saliva, what should I do?**
 - o A film develops in your mouth and on your tongue at night. You are asked to rinse out your mouth to remove

that film before collection. But if you've already completed the process of saliva collection, that's fine.

4. **May I eat or drink before doing the '30-60 minutes after waking' sample?**
 - No. You should only drink **water** before doing the '30-60 minutes after waking' sample. No coffee or other caffeinated drinks.
5. **Should I collect my sample when I am sick?**
 - No. If you are sick or under unusual stress, choose a different time for the saliva collection.
6. **Can I take a shower before doing the '30-60 minutes after waking' sample?**
 - Yes
7. **What if I miss my collection time? How much time do I have to collect the sample?**
 - If you accidentally miss your collection time, please complete the sample as soon as possible (within an hour of the specified time). Please note the time of the sample on the tube.
8. **What if I go to bed before 9 P.M.?**
 - If your bedtime is before the last saliva collection, please collect the last sample collection before you go to bed.
9. **If I miss the '30-60 minutes after waking' sample, can I complete the rest of the day and collect my '30-60 minutes after waking' sample the next day?**
 - No. It is better to get another sample kit from your health care provider. Start over and complete all sampling on the same day.