

# Saliva Collection Instructions

Please complete the requisition with your legal information. We cannot accept preferred names at this time.

Note: The legal first and last name, as well as date of birth on the requisition must match the label on the sample.

\*\*Instructions must be followed or samples cannot be processed.\*\*



- 1** Before completing your sample, **DO NOT** eat, drink, chew gum, smoke or vape for 30 minutes.  
- Complete the laboratory requisition fully with your legal information.



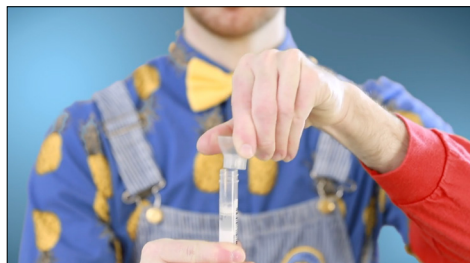
- 2** Take the package out of the bag and open it by peeling the paper back. Inside you will see two pieces – a cap with blue liquid in it and a container with a funnel attached to the top.



- 3** Keep the spit in your mouth without swallowing; then gently spit the saliva into the funnel container.



- 4** You need to fill the container with enough saliva to reach to the black line that says 'spit to here'. Any bubbles in the saliva do not count toward the total amount. Please ensure the saliva reaches the black line and bubbles remain above the line. This may take a few minutes, so just keep working at it.



- 5** Once you have collected enough saliva, twist off the funnel and throw it in the garbage.



- 6** Place the cap with the blue liquid on top of the container. Ensure the cap is on properly and twist until you hear a "click" and the blue liquid mixes into the container. Have a parent or adult help you with this step.



- 7** Gently shake the container 3-5 times to mix everything up.



- 8** Complete the label with your legal first and last name, as well as date of birth and stick it lengthwise on the saliva sample container.



- 9** Place your labeled saliva sample into the bag it came in. Add your completed requisition to the outside pocket of the bag. Please drop off the saliva sample at your appropriate location within 24 hours of collection. It can be stored at room temperature, no need to refrigerate.



For more information and fun tips for young kids scan the QR code to watch our saliva video or visit: <https://youtu.be/Ru-vFZdImes>

How to scan: OPEN the camera on your phone, AIM it at the code, TAP the banner that appears.

**SickKids**