How To Collect and Submit Your Sample

Step: 1  **DO NOT** eat, drink, smoke, chew gum, or brush your teeth at least 30 minutes prior to testing. **DO NOT** use mouthwash for at least two hours prior to testing.

Step: 2  Open the straw pouch and remove the straw.

Step: 3  Unscrew the tube cap and insert the narrow end of the straw into the tube.

Step: 4  Pool saliva in your mouth and let it fall through straw into the tube. Do not blow forcefully to avoid bubbles.

Step: 5  Make sure the tube is filled at least halfway, then remove and discard the straw and securely cap the tube.

Step: 6  Wipe the tube with the alcohol wipe provided, and place your tube in the collection tray for your testing pool.