



[Introduction](#) > [Patients](#) > Specimen Collection Instructions



## Patient Information

### Saliva Pre-Collection

#### 3-5 Days Prior to Collection

- Take sublingual hormones in the form of drops, troches and pellets by swallowing them with water.

#### Night Before Collection

- Do not use sublingual hormones in the form of drops, troches and pellets.
- Avoid antacids.
- Avoid bismuth medications.
- Avoid mouthwash.

#### Day of Collection

- Do not eat: chocolate/cocoa, onions, garlic or cruciferous vegetables such as cauliflower, broccoli, cabbage (it is OK if these are condiments, less than 1 tablespoon, in food).
- Do not drink: coffee, tea, caffeinated drinks (soda, guarana, etc).
- Do not smoke.

#### 1 Hour Before Collection

- Do not eat or drink anything except tap water.
- Do not brush teeth.

#### 3-5 Minutes Before Collection

- Rinse mouth thoroughly for 30 seconds with very

## Specimen Collection Instructions

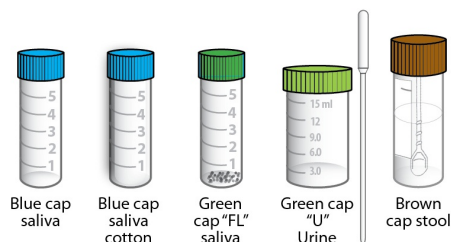
Easy to follow guidelines for collection of your specimen sample.

### Specimen Test Kit Contents: What's in the box?

Kit box contents will vary depending on the test ordered. The type of form and number of vials may differ from the picture. See requisition (test) form for specific information on the contents of your test kit.



### Types of Vials

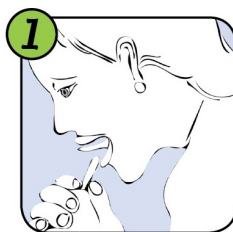


**WRITE YOUR NAME AND DATE OF BIRTH ON ALL VIALS AND ON FRONT OF REQUISITION FORM.**

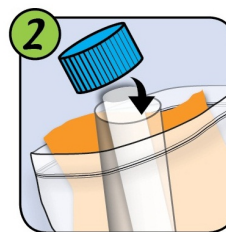
### Saliva Collection Procedure

If collecting on supplied cotton:

1. Remove cotton from vial and place it under tongue until fully saturated.
2. Return cotton to vial, cap vial tightly and place in zip lock bag with absorbent orange shipping pad. Refrigerate and mail all samples together within 3 days of collection. Be sure to follow all detailed instructions on the back of your requisition form.



Remove cotton from vial and place under tongue until fully saturated.



Return cotton to vial; cap vial tightly; place in zip lock bag with absorbent orange shipping pad.

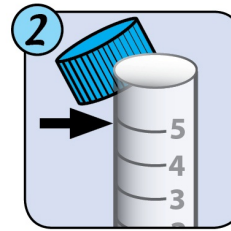
If collecting directly into vial:

1. Collect liquid saliva directly into the vial
2. Fill to the fifth line from the bottom excluding foam (approximately 3/4 full).
3. If too much foam is present to collect to the fifth line of the vial, cap vial tightly and place in the freezer for 2-3 minutes. When removing the vial from the freezer, tap it on a solid surface such as a tabletop or counter. This should settle the foam so you can continue to collect saliva.
4. Recap the vial tightly, place in ziplock bag with the absorbent orange shipping pad and refrigerate. Mail all samples together within 3 days of collection. Be sure to follow all detailed instructions on the back of your requisition form.

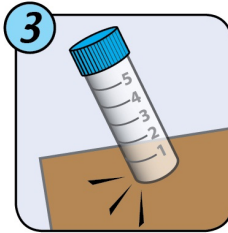
cold water.



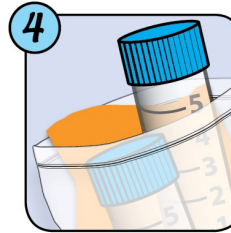
Collect liquid saliva directly into the vial.



Fill to the fifth line from the bottom excluding foam, approximately  $\frac{3}{4}$  full.



If too much foam, place into freezer 2-3 minutes. Tap on solid surface to settle foam.



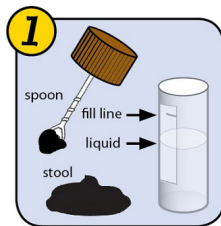
Recap vial tightly; place in zip lock bag with absorbent orange shipping pad and refrigerate. Mail within three days.

For "FL" vial collection, refer to back of requisition form.

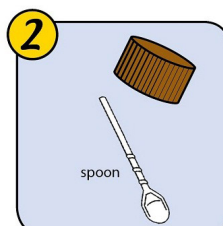
### Stool Collection Procedure

1. Collect stool on plastic wrap, then transfer enough to raise liquid in vial to the fill line.
2. Remove spoon from the lid and discard.
3. Cap vial tightly and shake for a minute. Refrigerate vial.
4. Do not discard the fluid that is in the vial.

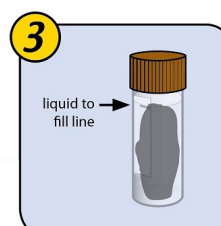
*Be sure to follow all detailed instructions on the back of your requisition form.*



Collect on plastic wrap and transfer to vial until liquid reaches fill line.



Remove spoon from lid and discard.



Replace cap on vial tightly and shake for a minute. Place vial in refrigerator until ready to ship.

### Urine Collection Procedure

1. Collect first or second morning urine void.
2. Collect the urine in any clean container.
3. Using the provided disposable dropper, remove a sufficient amount of urine to fill the "U" vial to the 15mL line. Do not exceed line.
4. Discard remaining urine and dropper.
5. Cap vial, place in ziplock bag and refrigerate. Ship within three days of collection.

*For detailed collection instructions see requisition form.*

### Reminders For ALL Tests:

1. Do not discard the fluid that is in the stool collection vial.
2. Be sure to write your name and date of birth on each vial and on the front of the requisition form.
3. Refrigerate all samples until mailing.
4. Please do not freeze stool collections.

Refer to [shipping instructions](#) included with the test kit.

Connect with us on  
social media



• WSDOH Licensed



• Joint Commission Accredited



• CLIA Certified



• NDNR Award Winner