**SALIVA COLLECTION DO’S AND DON’TS**

Enclosed are instructions and supplies to provide saliva samples. You will provide samples:

1. First thing after waking up (before breakfast, before rinsing/brushing teeth)
2. 30 minutes after waking up (also before breakfast, before rinsing/brushing teeth)
3. Just before lunch\*
4. Right before dinner\*

Store the vials in your freezer immediately after each one is filled.

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|  **U:\NCS Docs in Development\Bayer's saliva kit instruction sheet stuff\clipart\dairy images.jpg** |  **\*NO MILK OR OTHER DAIRY PRODUCTS FOR 20 MINUTES PRIOR TO SAMPLE COLLECTION** |
|  **U:\NCS Docs in Development\Bayer's saliva kit instruction sheet stuff\clipart\imagesCAO6PP5J.jpg** |  **\*NO MAJOR MEALS FOR AT LEAST 1 HOUR BEFORE SAMPLE**  **COLLECTION. IF YOU SNACK, RINSE YOUR MOUTH WITH WATER**  **AT LEAST 10 MINUTES PRIOR TO SAMPLE COLLECTION.** |
|  ***U:\NCS Docs in Development\Bayer's saliva kit instruction sheet stuff\clipart\sick boy thermometer.gif*** |  **\*IF YOU ARE SICK, HAVE ACTIVE ALLERGIES, OR HAVE ORAL HEALTH**  **PROBLEMS, PLEASE DESCRIBE IN “COMMENTS” SECTION OF COLLECTION FORM** |

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 **\*NO TOOTH BRUSHING AT LEAST 45 MINUTES PRIOR TO SAMPLE COLLECTION,
 NO MOUTH RINSING AT LEAST 10 MINUTES PRIOR TO SAMPLE COLLECTION.**

**Should any of these conditions occur, please make note in “comments” section of collection form**

If you have any questions, please contact: