

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.



***NO MILK OR OTHER DAIRY PRODUCTS FOR 20 MINUTES PRIOR TO SAMPLE COLLECTION**



***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.**



***IF YOU ARE SICK, HAVE ACTIVE ALLERGIES, OR HAVE ORAL HEALTH PROBLEMS, PLEASE DESCRIBE IN "COMMENTS" SECTION OF COLLECTION FORM**



***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:

Public reporting burden for this collection of information is estimated to average 2 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. **An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number.** Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-0647*). Do not return the completed form to this address.